

10TH ANNIVERSARY EDITION
REVISED & EXPANDED

Agartha

A JOURNEY
TO THE STARS

A woman with curly blonde hair, wearing a long purple dress, is sitting on a rock in a lush garden. She is looking down thoughtfully, with her hand resting on her head. The garden is filled with various flowers, including pink and orange blooms. The background is a deep purple night sky with a large orange sun or moon and many small stars.

Meredith Young-Sowers
AUTHOR OF *Angelic Messenger Cards*

Agartha

A JOURNEY TO THE STARS

ALSO BY MEREDITH YOUNG-SOWERS

Angelic Messenger Cards

Teachings from the Angelic Messenger Cards

Spiritual Crisis:

What's Really Behind Loss, Disease, and Life's Major Hurts

Language of the Soul

You Can Heal:

Sound Medicine to Bring Healing Energy to All Parts of Your Body



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A JOURNEY TO THE STARS

Meredith Young-Sowers

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For a free catalog or ordering information, write
Stillpoint Publishing, Box 640, Walpole, NH 03608, USA
or call
1-800-847-4014 TOLL FREE (anywhere in the continental U.S.,
except NH)
1-603-756-9281 (Foreign and NH)

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This book was manufactured in the United States of America.
Cover design by Karen Savary

Published by Stillpoint Publishing, Box 640,
Meetinghouse Road, Walpole, NH 03608

ISBN: 1-883478-04-9

Library of Congress Cataloging in Publication Data 95-67068

3 5 7 9 8 6 4 2

**This book is printed on acid-free recycled paper to save trees
and preserve Earth's ecology.**

Dedication

*To all who hunger to know God and find
an everlasting relationship with the kingdom of heaven,
with those angelic teachers, avatars, and “mentors” of
the invisible universe.*

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*Do not fear what
you do not understand.
Instead, seek to learn.*

Acknowledgments

SPECIAL THANKS:

—to my husband, Errol, for his tireless support of the Mentor/Agartha writings and his superb skill as an editor, and, most important, for the blessing of his love, which has transformed my life.

—to Dorothy Mills, a copy editor extraordinaire, whose care and attention, coupled with her wonderful sense of humor, make her a special addition to my life.

—to Sally Nichols, who shares my love of plants and the subtle world of Earth energies, for her long hours of design, layout, and typesetting of the book's text pages and charts.

—to Karen Savary, for her glorious painting that is the cover of the book, and for her sensitive overall artistic design of the project.

—to Nancy Pavao, my assistant, for her cheery spirit, her competence in meeting deadlines and following through on activities even when I sequestered myself for weeks behind closed doors, and for her hours of typing in editorial corrections.

—to Suzanne Ruse, who typed the entire first edition of *Agartha* into a word-processing format so I could use my computer to do my rewriting, and who with a warm smile continued to enter the many levels of changes we produced.

—to Lou Warnycia, whose skillful proofreading helped us correct inconsistencies and the unavoidable “typos” that occur in any lengthy project.

—to my mother, Jean Woods, whose every-morning encouragement and wisdom, along with her deep belief in Mentor, made each day of writing a little easier.

—to my many clients, who have taught me the power of self-love, as together we sought solutions and understanding of life’s most difficult challenges. And especially to Joanna Mott and Beverly Mang, two bright stars who made their transitions recently and whose courage and tenacity help me value more dearly each moment of every day.

—and finally to Mentor, my teacher, for his continued wise guidance and unbounded love, and his message of hope to us all . . . may we rise to meet the enormous global challenge we face at this critical time on Planet Earth.

Preface

*IT IS NO ACCIDENT THAT YOU ARE HOLDING THIS BOOK IN YOUR HANDS, FOR AGARTHA IS NO ORDINARY BOOK. It is a teaching vehicle that will help you understand the deeper mysteries of life and stimulate new levels of personal growth and awareness. The wisdom and perspective offered in *Agartha* can be a powerful catalyst toward your spiritual enlightenment and at the very least will challenge and expand your current definition of reality.*

The book *Agartha* is the chronicle of my extraordinary dialogues with an angelic messenger of the Divine, a spiritually-evolved mentor whose guidance is meant to give us hope that by choosing love rather than chaos in our daily lives, we forever alter the course of human history and create love rather than chaos on the Earth.

It has been my privilege to give form to the extraordinary material in this book, which offers a depth, scope of understanding, and clarity well beyond my own knowledge. The views expressed in these dialogues demonstrate a level of understanding of the workings of the Universe far beyond that of any human teacher. Yet, as a result of learning from Mentor and applying his extraordinary teachings, insights, and wisdom, I have grown as a woman and spiritual student learning to bring the healing energy of love into my life and the lives of others so that together we can create a different future.

Agartha is a doorway through which you can also walk to find a deeper understanding of the reason things happen in your life and the way to break the old cycles that may hold you in despair, in loss, or without the love that you want and deserve. You'll learn, as I did, ways to "listen" to your body to facilitate physical healing, balance your emotions, and awaken the powerful energy of your soul to guide you effectively and lovingly through physical life and beyond, into subsequent spiritual realms.

You may wonder why Mentor and I would so extensively revise the original version of *Agartha* published in 1984. The book *Agartha* has become the primary core resource for the Mentor/*Agartha* materials, which are known collectively as the "Living with an Awakened Spirit" path. The book has, over the years, helped many people and continues to be so important that Mentor and I both felt the desire to add additional ideas and comments that reflect some of our recent work together. We have, for instance, expanded the sections on healing with spiritual energy, claiming our soul path as we approach transition, receiving impressions from plants, using meditations and practices to awaken our own purpose, and designing effective ways to create lasting peace and spiritual community on our Earth home.

My experiences with Mentor over the last fifteen years have become the beacon of hope that inspires me to accept that God is real and close at hand. Without judgment or criticism, Mentor, as a messenger of this Divine Source, has changed me most profoundly by his unwavering support and unconditional love.

Something magical happens to me and others when we pick up *Agartha*. More than mere words, the book holds divine energy that heals in miraculous ways just by our believing in its message of love. The essence of *Agartha* helps us find a deep reassurance that we can face whatever we must and that positive occurrences await us all when we learn to love ourselves and others.

People have told me of the many ways *Agartha* seemed to have a life of its own, falling off a shelf into their laps or coming to them in extraordinary ways when they were praying for help.

One woman felt such love emanating from the book that she took it into surgery, where the doctors found that the previously-diagnosed malignant lump had miraculously disappeared. Another woman carried the book with her into her divorce hearings, because she felt calmed and empowered when she held it. A middle-aged man gave his mother the book, and even though she never read it, she experienced a dramatic reduction in the level of pain from her long-standing arthritis. A young mother, having been exposed to lethal chemicals in the early weeks of her pregnancy, gave birth to a healthy child, a gift she attributed to an unexplainable euphoria she felt each day as she read passages from *Agartha*.

We may never fully understand why our lives unfold in the way they do, because God isn't captive to our rational minds. But as all the great masters and teachers have shown, the inner pathway through the heart, through love, allows us to learn from our pain, break old disruptive cycles, and replace the false gold of the physical world with the true and lasting gold of the spiritual one. We are, I've discovered, meant to be at peace, live with love in our relationships, and bring love to the world in forms that give us meaning and joy.

I encourage you to read *Agartha* in the sequence in which it's written, at least for the first reading, because each subsequent chapter builds on the information presented in earlier ones. I also suggest that you pace yourself in the reading, since you want to allow time for the thoughts and feelings that have meaning to you and will find a lasting place in your beliefs. The teachings as given by Mentor are presented as part of a rich tapestry of insights that allow you to receive the most appropriate guidance and inspiration at each reading, and yet each time you return to a passage you find something new. Many people use *Agartha* as daily support for insight, love, and wisdom. By choosing a page randomly, you can also allow your intuition to guide you to thoughts you need for that moment.

If the information in *Agartha* and the process of hearing an angelic teacher puts too much strain on your conscious limits of credibility, then simply read the book "as if it were true" rather than because I say it is. You'll find what you need and yearn for, no matter the ways in which you categorize the information mentally.

Agartha was a gift to me of self-discovery and spiritual opening. I offer it in love to you, that it may help you along your personal path. May you grow in knowledge of who you are and be guided to act responsibly in the light of your expanding awareness.

Meredith Lady Young-Sowers

"*Agartha*"

Walpole, NH

Spring, 1995

Agartha

A JOURNEY TO THE STARS

1 *The Encounter*

*"Do not fear what you do not
understand, instead seek to learn.
Do not be one who turns away from
awareness in fear, for there is much
being held in the balance."*

—MENTOR

Friday, January 16, 1981

GRAY DAWN FILTERED THROUGH THE partly frosted windows, dissolving the early morning darkness. I woke up tired, as if I had been trying to wake up for a long time. There was no smooth transition out of the dream state, just a sense of being dropped into consciousness.

I glanced at the clock beside the bed. It was 6:30 A.M., and I knew without turning over that Jim had already left for the early train. So it was morning again. Slowly I rolled over and adjusted the covers. I closed my eyes and tried to recreate the soothing blankness of sleep, but from deep inside an amorphous sense of anxiety pushed into my consciousness. It came not in a polite linear fashion but in a massive assault. For weeks this storm had been gathering momentum, and now it threatened to overtake me.

Depression, resentment, and fear descended on me. I felt as if I were being emotionally ambushed, and I bristled at the intrusion. I tried analyzing these surges of unknown energy that came now in steady waves. What was this about? Was this some physical trauma? Or was it emotional? I winced at the thought that this was all in my mind, yet there was no apparent physical origin or explanation. Turning on the light, I sat up in bed. I felt helpless. Where were the answers? The thought of another day of anxiety and tension was more than I wanted to consider. Overwhelmed with confusion, I got up to fix a cup of coffee.

My children, Mark and Melanie, were still asleep in their rooms. As I listened at their doors for the familiar sound of school-morning activity, there was only silence. With a growing sense of despair, I continued on to the kitchen. While the water boiled, I paged absently through yesterday's newspaper, trying to shake my nagging misgivings. I needed to think of my children, my husband, anything but these foreign vibrations that had seemingly slipped in under the front door and were now demanding my full attention. But in spite of my contrived emotional blackout, the tempo of the vibrations was increasing. Gazing down at my hands, I expected to see them shaking. They were not, but inside me everything seemed to have melted into an emotional lake. I wondered if this was what it felt like to be drugged or even schizophrenic. Then, as quickly as the buildup had begun, it subsided. The vibrations receded mysteriously to a tolerable level, and I relaxed just slightly, steadying myself for another attack. No attack came, however, and also no explanation.

In retrospect, I realize that my dilemma resulted from having no frame of reference from which to interpret the dynamics of a mystical experience. Terms such as *vibration*, *energy*, and *consciousness* were not yet available to me. I had no words to describe my internal world; consequently, I had no way to describe this, my first conscious encounter with the nonphysical world. I have since learned that mental terminology is never an adequate substitute for the power of the experience. At that time, however, I would have been grateful for any understanding of what was happening. Instead, my lack of awareness resulted in a feeling of total isolation.

The bleakness of the early morning light matched my own feelings of depression. I pondered my dilemma, looking for a solution, an escape. Closing my eyes, I took a deep breath. For an instant, there was a measure of calm. I tried it again, placing all my concentration on my breath. It worked. I began to feel myself relax. I had been meditating each morning for the past nine months and had come to recognize that internal place of quiet, that still point. How well I knew the routine: first releasing all thoughts, then letting go of physical sensations, and finally finding that complete peace. Without conscious thought I had apparently found a way through this fear. Quite spontaneously, my deep breathing had triggered my meditation routine. I knew immediately what I needed to do.

Opening the bedroom door, I glanced around the room. The familiar surroundings were reassuring. Pulling the coverlet off the bed, I wrapped myself in its softness and sat with my back against the foot of the bed. With my legs folded yoga-style, hands resting lightly on my knees, I began doing my deep breathing. Closing my eyes I silently voiced my personal affirmation, which preceded each meditation: "I believe that I am more than my physical body and as such can perceive more than my physical world. I ask that I be assisted in my search for truth by whatever means is appropriate to advance my ultimate awareness."

I do not recall exactly when I first sensed a "presence" accompanying me during my meditations. This presence manifested itself in wave-like shades of white and purple, seemingly connected with my deepest levels of perception. It seemed little more than a purple sphere floating in the upper left-hand corner of my "mind's eye." At first it seemed insignificant, since my meditations were frequently filled with visualized colors and shapes. But as the weeks progressed, this mental vision continued to manifest during each period of meditation. I found myself drawn to speculating on its significance, unable to release the notion that this energy was somehow different from the rest of my visualizations. Its very consistency intrigued me.

Slowly I counted myself into deeper levels of meditation, letting the strands of quiet merge inside me. Within minutes all was completely calm. Even the vibrations and fearful thoughts that had been

pursuing me had disappeared into the quiet. I allowed myself the luxury of totally letting go and found my mind drifting on magical inner currents. Then, at a point deep in meditation, I shifted my body position, bringing my hands together lightly in my lap. The effect was dramatic. As my fingers touched, an electrical impulse jammed my entire being, and a circle of intense energy began to circulate in a counterclockwise motion through my hands, up my left arm, through my head, and back down my right arm. The very motion of joining my hands had completed some type of circuit. I was jolted abruptly out of meditation and dumped back into consciousness. As I pulled my hands apart, I could hear the loud pounding of my heart.

I studied the room for signs of anything physically amiss, but everything appeared intact. I tried to dismiss the suspicion that the impulses were beyond my control. As I slowly settled back into meditation, I shut my eyes and allowed my hands to touch. Instantly the circle of energy resumed. I separated my hands, only this time it did not stop the flow of energy. Instead, the vibrations reached a crescendo, creating a funneling cone of energy. The spiraling energies began to accelerate, sending wave-like pulses through my entire body. The effect was hypnotic. I was being drawn into a vortex, a tunnel of swirling energy and light. In spite of my natural anxiety, I was unable—and probably on some deep level, unwilling—to fight the sensations. It was perhaps in surrendering that my sense of fear gave way to acceptance and to the intoxicating joy that followed. I found myself in a state of exquisite harmony where no disruption existed. Enraptured by this euphoria, I seemed cradled in an unknown embrace, moving effortlessly and yet with ultimate speed. Like a fragrance being carried by the wind, I just drifted, oblivious to my whereabouts or direction. My inner meandering continued until, to my surprise, I became aware of a thought forming in my mind.

Responding to this unknown impulse, I leaned to my left to pick up a pad and pencil from the bedside table. I did not question this strange urge, I just complied. Half wondering what I was doing, I stared at the paper and pencil. My eyes were now open, although I still seemed in a sort of dreamy daze. I felt no sense of urgency and equally no sense of what I was to do with the paper. After a few

moments I simply closed my eyes and was immediately drawn back into the funnel of revolving energy. Once again I floated with the current of light and vibration.

Without warning, my right hand began to move across the manila pad. I opened my eyes and stared at my hand as it continued to move quite without my assistance, the pencil making large, random arcs on the paper. I watched in amazement as my hand moved in slow, steady rhythms across the paper. It was difficult to tell whether or not I was even awake. The movement continued. Absolutely no conscious thought directed the motion: it just continued in an autonomous back-and-forth pattern as I watched, feeling awestruck and silently detached from the process.

I tried lifting my writing hand to see what control I had over the process and discovered that I could voluntarily stop the writing by lifting my writing hand. For several moments I held my hand suspended over the paper, deciding what to do next. Then, when I dropped my hand back down to the paper, the writing began again, repeating the process, filling the pages with incomprehensible looping designs. Whenever I picked up my hand the involuntary movement stopped, and as soon as I brought it back to the paper, the writing continued.

From what seemed a state of suspended animation, I observed myself as totally detached from the actions of my right hand. As the reality of what was happening crept into my awareness, I was unsure whether to be thrilled or panicked. At that moment I had no understanding of telepathy, or that what I thought could be, and in fact was, being perceived by another dimension. I knew only that these large, random shapes made no sense, and I wondered, to myself, why they were not more intelligible. Instantly, the large scrawling became small, tight circles. "Good God," I murmured. "Something has read my mind." This realization shattered my tenuous resolve, and I was consumed by a new rush of anxiety. Dropping the pencil, I reached for the phone.

Anxiously I waited for the New York operator to patch through the call to my husband's office. She asked me to please hold, then "click": there was nothing. The ensuing silence produced a sense of profound isolation, as if I had been disconnected from all physical life. I can recall with absolute clarity the tension I felt as I waited for

Jim to answer his phone. As I gripped the receiver, it suddenly became my only handle on reality. Thoughts tumbled into new thoughts with no resolution, leaving only more questions in their wake. I wanted to stop thinking, to remove myself from this moment. I was determined not to convey a sense of panic when Jim answered the phone, but I needed to share what had happened. As I wrestled with a way to relate the experience, I realized how desperately I wanted Jim to verify my sanity. I wanted him to tell me that what I was experiencing was something other than the product of my imagination or overstimulated emotions. By the time he picked up his phone, I was crying, partly from stress and partly from relief.

Struggling to find the words, I started to tell him the details of an experience too real to be imagined and too strange to be understood. Because he was in a business meeting, he responded only indirectly, but, despite his intentional vagueness, I could hear in his voice that he believed me. Neither of us had any inkling as to what had happened, nor could we have guessed that my isolation was a necessary building stage that would soon introduce me to an expanded vision of reality.

Saturday, January 17, 1981: The Encounter

I am one who has learned a very simple truth: you can never go back to the way things were once a new doorway has opened in your life. That Saturday morning I found myself gravitating toward the most familiar of tasks, as if they held the power to keep this other reality from trespassing any further. While I went through the motions of weekend chores, I was conscious that nothing I could do would stop whatever was inevitable. There are some experiences in life that are not optional; rather, one's only choice becomes how conscious one wishes to be while living the experience itself.

The vibrations were even more pronounced that morning. I knew somehow that this was to be the day that my world would be changed forever. I watched my children playing in the snow. Their carefree activity suddenly embodied the essence of all I held personally sacred. If I let go, if I gave in to this vibration totally, would I return to them intact? Would I still be the mother they loved? In my heart, I

prayed for five minutes more of this warm, familiar world before I released what little hold I had left on my life. I knew of no way out of this dilemma except through it. There was no more time or energy to remain in this No Man's Land of vibrations and strange meditations. It was time to solve this puzzle, to fill in the missing pieces. The solution seemed obvious: I needed to meditate again to find what lay at the end of the tunnel of light. It no longer seemed a choice.

Words cannot describe adequately what followed. Sitting on the floor, I wrapped the familiar comforter around me and balanced the pencil and paper in my lap. I took a few deep breaths to quiet myself and said my affirmation, asking for the strength to face whatever might happen. In the most natural of ways, the most extraordinary of events began to occur. All of the strain I had been experiencing melted away, and a feeling of peacefulness filled my being. The sense of time slipped out of my consciousness, and the very room in which I was sitting vanished in an instant. Simultaneously, it seemed that my awareness opened wide, allowing me to sense fully what was happening.

As I thought of my body, I could feel the rhythmic pumping of my heart and the steady rise and fall of my lungs. I was enthralled by the simplicity of it all. The experience continued to unfold, causing a sense of peace to flow through me. At the point of absolute stillness within me, I knew I was in the presence of that which is considered sacred. Fear and trauma could not exist here. I was overwhelmed with a glowing expansiveness, pouring out the purest love I had ever felt. In my euphoria I wondered at my hesitation in releasing myself to this Source of wisdom and unconditional love. No words can adequately translate the feelings that filled me. It was one of those intimately profound moments that is never forgotten.

As difficult as the journey had been to this place of peace, it was equally difficult to consider returning to the physical world. The sense of tranquillity was so all-pervasive that the thought of ever moving from this awareness was devastating. As I began to grope reluctantly toward physical reality, my hand began to move. Although it had happened once before, this time when my hand started moving, I was still so far removed from physical reality that it was

hard to focus my attention on the process. I struggled to refocus my thoughts. With eyes barely open, I watched my hand as it responded to an unknown source of dictation.

I felt impressions crowd into my mind. My hand moved in response, writing what was being mentally transmitted in this mysterious manner. I was participating in the process, yet I also remained partly anesthetized to it. The words came so fast that I wondered whether I could keep up. My hand ached from the strain, but I could not bring myself to stop. Finally, forty-seven pages later, my pencil came to rest.

I was at a loss to explain either the source of the writing or the words that were scribbled on the page. I held the tablet as if feeling it for the first time, needing to touch physical objects that connected me to my surroundings.

How had these words come to me, and from where? I had heard no voices. I had neither seen nor thought words; I had felt them as though they grew from within me. These words were more than letters put together. They had depth and dimension, and like an echo reverberating through a canyon, the essence of that echo had filled me and become instantly translated into words.

I stared at the pages covering the floor in front of me. At first I was unsure of what to do. I got to my feet and walked toward the living room. The children were noisily stomping their boots and brushing the snow off their parkas. They did not see me standing in the doorway. Their lives seemed so vibrant and yet vulnerable. I wanted to reach out and hold them and have them hold me. I suddenly needed to share their exuberance. Reaching for my little girl, I scooped her up in my arms, silently holding her precious life close to me. Her cheeks felt cool next to mine, and her face sparkled with joy. We had both given birth, my daughter and I, each to our own creative reality: she to her new snowman and me to a perception of exquisite joy that my life might unfold according to a plan I had never before acknowledged. Life seemed more vibrant, more accessible and ready to be lived. I was filled with a sense of well-being; the depression and fear had gone, replaced by a magical sense of completion. I thought how fine it was to be

alive on this winter morning, and with this thought came the realization that even the vibrations had disappeared.

I was so caught up in the experience—the feelings of oneness within the meditation and the strange process of knowing—that I had failed to consider the actual words written on the pages. Now for the first time I became aware of the writing. As my eyes focused on the first line, I read:

✧ *Do not fear my presence. I exist for you and with you as a Messenger of the Infinite. I am part of the cosmic truth, which focuses the energies of the creative universe. God's balancing energy of divine love and purpose maintains this creative universe and the evolution of all life.*

You are one of many who seek to manifest awareness of truth, and in so doing you will come to understand the mysteries of life eternal. You inadvertently sought my counsel to find a loving way to bring awareness to those who suffer and are diminished by life. In searching for answers you've awakened your heart and are allowing the love that comes from your soul's home of the heart to generate and enhance the intense energy of divine love, which links your life with that of other beneficent spirits and angelic beings.

Your bodily reservoirs may be temporarily depleted because of the intensity of this experience, but your energy is completely renewable. While you've resisted this communication on a personality level, on a deeper level your living soul urged you on to find a forum through which to understand your life and the lasting truth of spiritual existence. The physical symptoms you experienced were the result of your energy field expanding to accommodate the increase in spiritual energy coming to you as a result of this communication.

Now that you are aware of the exchange that can and often does exist between humanity and unseen spiritual forces of the universe, you must realize that you have tapped the most basic of truths: while all life may look as if it were separate and isolated, the truth is that every aspect of life force energy is truly a living part of a whole. This whole is God, the Earth, and your physical body, which is also an important whole. Each individual aspect of life supports ever-larger

and more complex systems of wholeness. Each level of wholeness has an integrity of its own that supports its particular function.

The totality of the universe is an orderly, efficient, and balanced operation where nothing is permanently lost or misdirected. Time and space limitations are nonexistent, and all living things move according to a vast plan. All life is based on spiritual development and is a process of becoming spiritually sensitive to the energy of divine love rather than a singular lifetime goal.

When human beings seek to understand the great mystery of life, they are filled with questions. Questions are an important part of learning because they expand your speculation about the great mystery of eternal life. Questions allow for you to consider the vast complexities of the physical and spiritual systems that make up the universe. You can dream the truth of existence much more easily than you can deduce it.

My purpose is to make you aware where you are unaware, to glorify your spiritual nature within and without.

The Earth is undergoing a metamorphosis into an age of awareness and is changing physically, just as your own energy field has changed in order to accommodate this dialogue.

Your planet and its people will come to experience an unprecedented period of harmonious realignment as the energy of love and compassion is enhanced, complementing many people's desires for the birth of a new age of awareness and global peace. The Earth's evolving consciousness will gradually transcend the negative and self-serving interests of humanity as humanity itself learns to care for the Earth and all living things.

Do not fear what you do not understand; instead seek to learn. Do not be one who turns away from awareness in fear, for there is much to be held in the balance. Seek the light, and consciously align your energies with the new blossoming awareness of your evolving world. ✨

I did not know what to say. As I handed the pages to Jim, he too, was astonished at the power and sweep of the words and unable to even speculate about who might have authored such

thoughts. Clearly, it had not been me. Jim's rational mind seemed unable to even entertain, much less resolve, the huge questions raised by the communication. We sat looking alternately at each other and then at the scattered pages. That such startling words were on the papers I held seemed incomprehensible. I was a person of feelings, not of words. Even though Jim was a man of many words, none surfaced to summarize the significance of the writing. I reread the first page, struggling to grasp the meaning of the words and integrate them with the process I had just witnessed.

The reaction I found myself verbalizing was one of mixed feelings: disbelief, uncertainty, and skepticism blended with exhilaration and a feeling of reverence. My major stumbling block was personal self-confidence. How would this writing have come through me? Surely, I was unworthy or incapable of interacting on such a highly spiritual level. "Do not fear my presence." I was not as much afraid as I was awestruck. "Messenger of the Infinite" sent uncontrollable tingles down my spine. My Episcopalian background had long since been set adrift, and my compromise with formalized religion was Unitarianism. Spirituality to me was a vast and unknowable subject. But what was this?

My anxiety level rose again when I came to the statement, "God's balancing energy of divine love and purpose maintains this creative universe and the evolution of all life." The mention of *God* was somehow confounding to me. Long ago I had dismissed the idea of a personal God, feeling it was too pat an answer. My current bewilderment, however, indicated how much I still wanted to believe in such a God. The prospect of being addressed by a God-oriented presence from another plane of existence was both exhilarating and terrifying.

The writing implied that we were being helped by other forces from outside ourselves to save our very lives. Comprehending this incredible piece of information made me wide-eyed with amazement. I took a deep breath, looked at Jim and continued to read. I had asked in my meditation to know a way to help change all our lives to have a broader perspective. The outrageousness of my asking the universe for answers seemed suddenly preposterous. I took a deep breath. Picking up the second page, I read slowly, trying to feel what was

written between the lines as well as on them. The tone of the message was unquestionably "beneficent." Certainly, the words conveyed nothing personally threatening. In fact, it was apparent that I was being offered guidance by some force or intelligence that seemed to have an overview of the condition of the Earth and its people. It all seemed preposterous, and yet there it was on paper in front of me.

"The physical symptoms you experienced were the result of your energy field expanding to accommodate the increase in spiritual energy coming to you as a result of this communication." So this was the cause of the vibrations. It was hard to comprehend that my body had been the object of such a mysterious reprogramming. It was more than a little frightening to hear what had been going on inside me. As overwhelming as everything now appeared, this was an experience that would in all probability never be duplicated in my life. I found no explanation for the experience, but I knew intuitively that this unique happening would be both a blessing and perhaps a curse. I was suddenly exhausted by the weight of it all. I slumped down between the pillows, unable to read any more. It was simply too much to absorb, and I retreated by staring absently at the ceiling. It would all work out; somehow, I had to believe it would all make sense.

An unsettling thought pushed its way into my mind, causing still further anxiety. Had I imagined this message? Was the writing the product of an overactive imagination or something from my subconscious? I closed my eyes to concentrate. *Was this real?* The feelings of immense energy, the vibrations, and the writing process were still very fresh experiences to me. I turned each piece of the writing over and over in my mind, listening to how it sounded and wondering what the true origin of the writing was.

I was already aware of expanded states of consciousness, and my meditations had shown me new depths of my inner self, but I had never returned from my meditations with written messages. These words were not my words; they were far more profound than anything I was capable of writing. It was simply beyond me to even try to fathom terms like "Cosmic Truth" or "Messenger of the Infinite." The very mention that "God" existed was more than I wanted to try to handle at the moment.

I was reeling from the impact of the words, and my life seemed suddenly compacted into the last two weeks, as if nothing significant had existed before the onset of this experience. I needed time to find a level of normality, to remember who I was in order to figure out why I was where I was at this moment.

Searching the Recent Past for Answers

We are all, of course, products of our experiences and those hereditary characteristics with which we prepare to play out our lives. It is never easy when in the middle of life there is cause for a dramatic change. Yet I had found myself in that situation during the previous year. I was now thirty-seven and married. I had two children. Outwardly, I possessed all the embellishments of a successful suburban life in Connecticut. Since this had been my yardstick for success, I did, indeed, consider myself successful.

Jim was thirty-nine and a vice-president with CBS. While he often talked of being bored with the corporate world, I tried not to respond to his notions that the job was not "feeding" him. Even considering the possibility of his leaving the corporate life was too threatening. I had no desire to go back to work or in any way to lower the level of my lifestyle. Whenever the conversation came up, I let it die from my lack of interest.

In April 1980, Jim had planned to attend a workshop in Virginia on exploring and expanding human consciousness. Even though he doubted my interest, he asked if I would like to join him. Surprising myself, I agreed to go along to what I was sure would be just another of his intellectual exercises on consciousness. I rationalized that at the very least I could enjoy the warmth of spring, well under way in the Blue Ridge Mountains.

One has, perhaps, no adequate preparation for life's dramatic changes. I was certainly a complete amateur in understanding human consciousness or matters of deep spiritual significance; yet I found myself signed up along with Jim for a workshop at the Monroe Institute of Applied Sciences in Faber, Virginia. Although I did not know it then, this workshop would forever alter my conventional

existence, drastically changing what had always been. It was called the "Gateway Program," a term that later proved prophetic. In this program we were introduced to new, advanced mind-focusing techniques that assisted entry into deep levels of meditation.

I was expecting nothing and Jim was expecting everything. I wondered later if that contrast in expectation levels had made the difference. I joined the conference to be a spectator, not a participant. The people who came to this workshop were mostly serious searchers, not neophytes like me. The one thing they all shared that I lacked was an interest in exploring their deeper dimensions. While I enjoyed their company, an invisible wall of intent separated us; and although I planned to go through the motions I neither anticipated nor sought any far-reaching insights. Jim, on the other hand, hoped for some kind of personal insight through the new application of meditation techniques.

The experience of the conference was intense, as people reached into the unknown for understanding and came back with experiences from beyond their physical environment. Lulled by the meditations, I too reached into the unknown and experienced my living presence in a way that defied every human consideration of separateness. As I experienced the Earth rotating through space, I saw life moving as one. The Earth, the stars, the sun all lived as scintillating replicas of an even more magnificent wholeness. Life was not limited to human population, I realized; rather, all forms of animate and inanimate being flowed together toward ultimate union.

The workshop participants were exposed to deepening levels of meditation and to the tools of exploration into dimensions of consciousness. My visions grew in intensity with each new session until I lost count of the days, the time, and even what Jim was doing. Initially, I found sharing my experiences with the participants difficult, even though they encouraged me. I was so overcome by the depth of my own emotional responses that I could barely speak without a deluge of tears.

In a state of consciousness referred to as "mind awake, body asleep," I found fields and meadows of uninterrupted lush greenness and extravagant life, which permeated my senses and filled my body

with joy. Touching the living essence of nature, I rejoiced in the knowledge that I, as a woman and a member of the human race, fit perfectly into the scheme of creation. Yet it was a poignant realization that all forms of life existed as extensions of a universal growth pattern that benefited from the interaction of all the parts. When I considered what I had to share with others, however, feelings of total inadequacy washed over me: I realized, sadly, that I had nothing.

In another deep state of meditation I felt the fear and hopelessness of being a bystander, watching the dissolution of buildings collapsing before me like insignificant little play houses and seeing parts of people's bodies floating in strange geometric patterns of black and white. I had no idea what it meant to see scenes of such wanton destruction occurring within the framework of such apparent apathy.

The most profound of my visions was of a silver dove floating effortlessly in a clear blue sky with a band of turquoise across its forehead, its gossamer body refracting the rays of sunlight into a rainbow of stunning beauty. This lovely vision appeared in response to my question, "What is the single most important thing for me to know at this moment?" I could only speculate that the vision was meant to signify the rebirth of my own being into a state of freedom and beauty capable of displaying great light. As I reflected on the interpretation, I felt perplexed because I had no great light to share. Yet I felt as if I were falling in love with all things simultaneously. I became aware of myself as the embodiment of love, and that feeling has never left me.

The memory of the experiences glowed within me, and I laughed, cried, and rejoiced at my discoveries. Life suddenly seemed far more grand than anything I had ever known. A different love began to flow between Jim and me, touching a new deeper level of tenderness. As I shared my feelings from the four days, our new connection lifted us into a level of commitment previously unknown. It was as if a dam had broken within me and a sense of renewal flooded into my life. I was free.

Patterns of expected behavior, of self-accepted limitations, seemed to slip away in the weeks that followed our return to Connecticut. I was no longer afraid to vocalize thoughts about chang-

ing lifestyles and exploring spirituality. Suddenly, I was eager to explore what had previously seemed so threatening. While lifelong perceptions are difficult to change, I learned that they can be changed. And in so doing, my experiences allowed the birth of a new "me."

As I practiced the new meditation techniques I had learned in Virginia, including a personal affirmation for guidance and protection, I found myself successful in reaching similar levels of intense discovery. The meditations, always dramatically visual experiences, continued to blossom. Visions became more specific, often in response to questions I asked about my life. As I gave myself permission to change with these new discoveries, I found that not only my needs but my perceptions of family relationships changed. Often I had no words for the feelings I wanted to express, some growing from an overwhelming inner happiness or an unexplainable sadness. Now that the emotional restraints had been removed, I was exposed to feelings that had a new level of intensity.

Often in meditation it seemed as if I were talking to myself or wishing into the limitlessness of space, asking for a better understanding of what our lives meant. Every day of my life I came in contact with people who suffered emotionally and physically, victimized by seemingly insurmountable obstacles that left them feeling deserted and exposed. I wanted to believe answers were possible, and I asked in my meditations to know the unknowable that I might share insights with those whose lives had no meaning.

Sunday, January 18, 1981: Dialogue

What was to happen next? Was this communication with an unseen spiritual power likely to continue? More significantly, was it possible that yesterday's message was but the beginning? I wanted to ask an endless array of personal questions, not to mention those of broader spiritual significance. The possibility for such an avenue of information seemed too extraordinary to comprehend. Still, it was worth pursuing in light of yesterday's profound thoughts. Jim suggested that we meditate together to see if direct questions would receive answers. The morning's writing had left

us stunned, yet eager to explore possible connections. Early in the afternoon we sat together to pursue the communication. I sat cross-legged on the floor, and Jim sat in front of me. Both of us had paper and pencils. In retrospect, I am shocked at the boldness of our actions, and yet we were suspended somewhere between understanding and disbelief, and we needed more clarification.

Gradually, I calmed down, did my breathing exercises, said my affirmation, and waited. Abruptly, I sensed the spiritual "presence" and murmured to Jim to proceed. Nervously he wrote out the first question and placed it in my lap: "WHO ARE YOU?" My right hand immediately began to move as it had done before. The message came quickly and then stopped. With tremendous excitement, we read:

✧ *I am a multidimensional spiritual energy presence. My aim is to reinforce in a positive way humanity's opportunity to create its most glorious destiny.*

People are aware of the physicalness of their lives and the obvious emotional impact of their living, but there can be much more to life. Your five senses can be expanded and heightened so the normal barriers to additional sight, hearing, touch, experience, and motion can be eliminated. You are too easily seduced into believing that you are limited by your current array of senses and intuitive abilities. Humanity will evolve further only as guidance and additional energy are supplied from those angelic and light-filled spiritual dimensions already aware of the path.

You have been looking for your path. I am your teacher, I am Mentor, and I am here to help you evolve through earthly planes to other more satisfying spiritual dimensions. ✧

I was trembling. "Mentor" . . . my teacher. Was this the result of my meditations, the months of asking to be shown? My body felt limp and overwhelmed. Tears clouded my vision and ran slowly down my cheeks and onto the paper. Quietly, Jim returned to his questions. My mind drifted somewhere between this surreal dialogue and a state of meditation, yet I heard Jim scribbling and felt him place the next slip of paper in my lap. The incredible commentary continued.

Where are you?

✧ *I am a spiritual energy existing closer to the Divine Source. I wish only to augment your spiritual development through teachings of cosmic truth based on love and compassion. My teaching is to enhance your inner peace and the joy you may experience through self-realization.*

I and others of the universe have consistently interacted with your planet Earth, and beyond, in order to facilitate the natural spiritual development and evolution that is the basis of all life everywhere. ✧

We stared at this answer. What kind of spiritual presence was this? It was extraordinary to consider a more highly evolved spiritual realm of energy somehow reaching out to those of us living on Earth. I wondered again if Mentor were some sort of angelic presence. The idea seemed almost beyond belief, yet there it was written on the paper: a beneficent spirit of energy wanting to share higher understanding with us. I felt numb.

Jim's next question was aimed at trying to locate this "Mentor" in a physical way.

Where do you come from?

✧ *I come from God, as do you. All existence for life begins with the birthplace of all souls, the amorphous spiritual energy from which life develops. My perspective is different than yours, since I experience God more directly and just differently than you do presently.*

I am a teacher and available to anyone choosing to develop spiritually. The path I offer is the path to enlightenment through divine love. ✧

This response was so astounding that neither Jim nor I knew how to respond. The scope of Mentor's energy seemed so beyond my comprehension that my mind felt momentarily stalled. I felt capti-

vated by the notion of “a birthplace of all souls.” I recalled my childhood visions of heaven and knew deep inside that Mentor’s words were in some way expanding these childhood images. Jim’s next question interrupted my wondering.

What purpose do you have in being here?

✧ *My purpose is to improve your understanding of those spiritual concepts that are compatible with the evolution of the universe and of your own souls. I seek to increase your appreciation of other spiritual realities, which live in much the same way that you do.*

I am here to facilitate, and to help avert total depletion of, Earth’s physical and spiritual resources. This depletion is being aggravated by humankind’s unwillingness to cooperate with other living things and the wanton destruction that is left in the wake of human activity. There are vast opportunities for growth, but a basic change in priorities and spiritual values is necessary to allow the planet to continue to evolve unimpeded. ✧

This reply suggested some sort of impending danger but also that, through a more accurate appraisal of the real issues at stake—namely, the “depletion of the planet”—we could change the already-established patterns and perhaps avoid whatever waits in the wings of unwritten Earth history. In looking honestly at the world in which we all live, I realized the possible existence of such contradiction. On the one hand, surgeons struggle to perfect treatments to save lives, and on the other hand, we promote war, which causes untold loss of life and devastation. I wondered about the outcome of the Earth’s unsatisfactory relationship with the universe. I speculated on whether this unbalanced relationship was leading toward some sort of apocalyptic event.

Why is this communication happening now?

✧ *Prayer has been the way people have always allowed themselves to be guided and drawn toward the God Source. More specific spiritual teaching is available currently to each and every per-*

son on the Earth because your planet is in its own phase of change and spiritual transformation. The subtle ways people have felt guided by God and the angels will become more specific and reliable in the years ahead. The Earth has entered a cycle of spiritual evolution through which the spirit of each and every living thing will become more manifest, more knowable, in physical life.

People have also been confounded by the concept of God as it has often been taught, and many people desire to know the Divine Source as love. As you accept that God is love, your own natural creativity is enhanced. You may see this through the emergence of many new vehicles, which express the spirit through, for instance, musical compositions that heal, paintings and drawings that are intended to awaken divine love, language that is used to bond different cultures, learning styles that seek to create cooperation. The seeds of spiritual enlightenment are sprouting in every heart, and humanity is waking up.

I want also to suggest that evolutionary strides will take tireless work and personal involvement by every individual. Life is changing rapidly, and you cannot go backward, only forward—really, inward. The future of your world is presently held in tenuous balance, and humanity's very survival is in question on your Earth School. ✨

Once again, I was receiving a clear statement suggesting that the planet was in serious shape and our planet's destruction was actually a possibility, or at least humanity's presence on the Earth was being challenged. But Mentor was also foreshadowing a possible new level of cooperation between people and the spiritually aware realities he represented.

What was this term "Earth School"? Were we, indeed, in some kind of school or classroom? In thinking about the Earth, I realized my deep and intense feeling for this planet being referred to as Earth School. I felt as if Earth were a personal being, a friend I wanted to protect. Whatever the avenues to sustain life on the planet, they had to be found. I felt totally inadequate. How could one person help?

What do you want of me?

✧ *I hope you will listen attentively and learn so that you may eventually share these understandings with many others. Divine realization is ultimately to play the major part in every life, but the intensely negative energy emanating from humanity's past and present actions and intentions suggests that an immediate course correction is required to avert further disaster.*

This work is not yours alone. You are, of course, not solely responsible. But you are one part of the human family, and so you can contribute your loving energy to improve the lot of those with whom you share existence on Planet Earth.

This connection with me will not overwhelm your physical system, although it will certainly stretch your beliefs. You need not fear my assistance or guidance, for like you I seek only to enhance the positive qualities and lasting virtues required to sustain a peaceful and joyful life. Just listen and learn. ✧

I felt that if I were a caring person I had no choice, no alternative but to do something to help. Apparently, I was being asked to communicate what was being shared with me, yet I learned no specifics about the form this sharing should take. Relief settled in. What a monumental task it would be to try and change established thinking—particularly when the source of the information could not be seen! I relaxed a bit, unable to think of another question. Jim, however, had come up with a particularly significant question.

Why did you communicate with Meredith?

✧ *She asked for guidance, assurance that life had a greater plan and that she could be of service. She may not have been consciously aware of any previous connection to spiritual realms, but this is because she focused primarily on meeting the needs of her physical life. Your focus changes at different levels of maturity. As she's grown and matured, her spirit has also grown through her various loving acts. Her spirit currently seeks more direct alignment with the uni-*

verse and the angelic teachers and spiritual beings who possess a broader perspective of love. Your individual spirit is, after all, one droplet of love that is part of the ocean of energy that is God. Your spirit knows the spiritual resources that are available.

I also live by this connection to a loving Source and seek to share life with those who seek knowledge with a sincere heart. Often, it is your brain, your intellectual preconceptions, that keep you from experiencing what you may be drawn toward but block the acknowledgment of.

I am aware, in a general sense, of all those who use love consistently and feel compassion for the pain and struggle of others. But you attract specific attention to your desire to learn about love, much as a lightning rod attracts lightning, by focusing your prayers and meditations to seek direction. You asked for a link to greater understanding. This is that link. ✨

Was it that simple? Was it basically a matter of asking for help? If so, then it was suddenly clear: I had truly asked, specifically and persistently, to grow in the ways that could help people find happiness and health. I wasn't aware that I was trying to be of service, only that it hurt me to see other people confounded. Apparently, my meditations and my prayers resulted in this seemingly incredible link-up.

We wanted desperately to learn more about Mentor. In what way was Mentor close to God? Was Mentor an angel, perhaps, or another evolved spiritual presence? What was the relationship between Mentor and other spiritual forces? I was determined to find some way to better comprehend Mentor's presence.

Are you able to draw on higher powers for help?

✨ *Yes, the Ultimate Love, the Ultimate Whole, God, is the perfectness toward which we all evolve. Each level of life, no matter how complex or simple, no matter the molecular structure or spiritual energy, seeks ultimately to find and live in closeness to Divine Love. ✨*

Mentor's response was reassuring to me. While I needed to personally sort out my understanding of God, it was comforting to hear that Mentor recognized this higher power. This brought me to a new level of confidence. I thought of my next question and watched my hand write out the response.

Do the vibrations that I sense when I meditate indicate your presence?

✧ Yes, the vibrations indicate my presence close to you and suggest more directly that dialogue is possible at these times. I am never far from you even when you feel no waves of energy.

Guidance is firsthand inner knowing that affects secondhand action and is thus a crucial factor in determining your activities and ultimately your living environment. Civilizations can lose their purpose and lack the determination and creativity to solve their problems and still go on to prosper. Humanity is overwhelmed with needs, and yet one voice, your voice, has value to facilitate change. Use your love to provide one more voice to renew hope in your collective future.

The human race must now rise to honor the spiritual basis for all life complete with its responsibility to itself, to others of its kind, to others who share the planet, and to the planet itself as well as to the totality of the universal plan, the Divine Source.

Humanity is at the eye of the storm and needs critical reordering to reduce self-deception and to accept the need for change. Catastrophe is ever present when one fails to live in alignment with a greater purpose that benefits all life. Each person with a vision of a harmonious planetary home must take responsibility for all of life, for many of Earth's creatures, and many of Earth's people have no voice to present their needs.

Strides that you make on behalf of all life will be lasting, and you will discover other visionary people and organizations with whom to share. Try not to be discouraged when the growth of spiritual values seems inadequate and all but ignored by so many who are in powerful positions, or when your social structures and environmental intentions seem so at odds with the spiritual values that support life. Accept instead; accept that each person who seeks to live in

harmony with life or to help in any way is successfully anchoring Divine Love to the planet and to his or her own heart. All of your efforts together will help the energy of the Earth to continue its efforts to harmonize all life.

The Earth cries out for human understanding, necessary rejuvenation, and realignment with values that support all life. If you doubt this, go for a walk in a place that seems initially to be peaceful, and then listen from a deeper inner space inside, and you'll experience by contrast confusion, pain, and disgust. ✨

Mentor's compelling plea for humankind to wake up to the trouble at hand was distressing. It saddened me to think of current and impending catastrophes precipitated by humanity's obvious disregard for its activities resulting from premeditated action or a mere lack of interest and attention. I felt totally inadequate considering the unlikely prospect that anyone would listen to what I could offer on the subject, much less accept the source of my information.

Should I meditate at a particular time of day?

✨ *Meditation is the way to reduce your own mental static so that you are present and available for our times together. And choosing a specific time to accept this new inner work is important to order your daily activities around this spiritual dialogue. These times together will become the core of your life and its efforts.*

You and I have much work to do, and while you will not always understand what I say, it will all become clear in time. Gather the materials together so you can maintain some order. Sleep well and good night. ✨

"Sleep well and good night"! Mentor must have sensed the drain I was beginning to feel. I was emotionally frayed, yet I was already considering the questions for the next "sitting." I wondered whether this loving presence would be there for me tomorrow. The dramatic tone of the messages, the sense of compassion for all humanity contained within the words caused yet another awakening

within me. I read again the instruction to gather the material into some kind of order. I began to feel a sense of commitment, shadowed though it was by my own lack of confidence. This sense, nevertheless, was destined to grow. The commitment was to work on behalf of humanity. A contract had been offered to me, and at some very deep level I was obviously accepting.

The Deepening Relationship

The next morning I was ready with another series of questions, and Mentor, thank God, was there to respond as before. As I was preparing to ask my question, I could not help wondering if I would somehow be able to perceive Mentor in physical terms. He immediately responded to my mental wonderings as if it were a question.

Will I ever be able to perceive you in a physical way?

✧ *You will most easily see me as the purple and white energy sphere that you presently perceive. I have no physical form. We conduct our dialogue through our mutual intention to advance spiritual values on Earth and beyond. I am conversing with you telepathically, which means you do have an image of me, just not an intellectual one that shows you a physical appearance. Were I to assume a physical appearance, it would be only an apparition that could change in any way and still be valid. I am pure energy without an Earth-School appearance. Allow your own creativity and spiritual intuition to craft an image that is pleasing to you.*

However, Agartha, I am Mentor, your teacher, and the coordinator of your perceptions. I am always with you to monitor and interpret that which is being projected to you. I have found you and you are finding me. It is essential that a bond of extreme trust and love develop between us. ✧

"Agartha"? The name appeared so quickly I did not think to ask Mentor why he called me that. Then in reading through the response, I asked what Jim and I both wanted to know:

Why did you name Meredith “Agartha”?

✧ “Agartha” is a name meaning “journey to the stars.” It offers you something more tangible to help you believe in yourself and in me. “Agartha” is your spiritual name and, like all spiritual names, is a product of the exchange between teacher and student. “Agartha” epitomizes both your search for God and our search together to spread wisdom and Divine Love.

Through your acceptance of this name you come to understand the means through which the “thought impressions” we’ve discussed can be shared as my means of language. Language, as I use it, is actually a way of offering and allowing an exchange of ideas and information. At each turn, in my reality, every living thing has the right to accept and encourage communication or reject and halt it. You might call this process “spiritual telepathy.” Spiritual telepathy is rather like turning on the appropriate spigot of information when a certain new range of insights is desired. I am suggesting that you have willingly accepted my teachings, and I willingly accept your comments and responses. ✧

Mentor was right. I loved my name, “Agartha.” It was almost two years later, however, before Mentor clarified for me that *Agartha* derived from the Sanskrit word meaning “heaven bound” or “garden within.” This added insight has greatly enhanced my enjoyment of the name, since I’ve come to understand that we are all “heaven bound” and we all search for the “garden within.”

I felt distinctly that Mentor enjoyed giving me my name, and it became special, like a sacred gift that one cherishes and shares with loved ones. It was beginning to seem more natural for me to be developing a relationship with Mentor. His calling me Agartha indicated that our respect for the other was mutual.

While Mentor has masculine connotations in my mind, he has told me specifically that his presence embraces both male and female energies. My teacher regards himself in a universal way, as his response to my later question about names on his realm indicated.

What about your name, "Mentor"? Apparently, on your level, you have names. Can you give me any examples?

✧ Our names, like your spiritual name "Agartha," represent our spiritual work, the direction in which we're using our energy, and the divine purpose to which we've been called. An example of names might be "one of limitless joy" or "giver of wisdom." Perhaps you'd be interested in knowing that several other spiritual energies have been instrumental in helping our dialogue. We might call these sources of divine energy: "Mirth," Sustainer of Happiness, and "Merciful," Giver of Compassion. And I am "Mentor," Teacher of Truth. ✧

Mentor seemed deeply serious about adding another important piece to my understanding of the importance of spiritual names and even about those who had helped facilitate my dialogue with Mentor. He seemed content to be making a concession to my need for a tangible means of better knowing him. I appreciated his willingness to also meet some of my needs. It helped me relax and feel safe with him while at the same time trying to better understand a world that in some ways was foreign.

Jim wanted to go back to the ways in which spiritual telepathy happened. How did the process really work, and how did it come through in English, since Mentor had said there was no language as we knew it in his reality?

✧ *Spiritual telepathy is the communication by permission through the means of sending and receiving impressions, as I've said. Impressions are the core of an idea, and the specifics are brought forth from the individual to enhance the communication and cause it to be easily accepted and more pleasing. Spiritual telepathy is perhaps the most profound means of communicating because it accepts that the receiver has the delight and enjoyment of receiving impressions and then giving them permission to enter the person's own consciousness.*

I send Agartha an impression, for instance, and then her spirit accepts this impression telepathically and presents it to her mind in

a most pleasing form. Her mind then translates these holographic impressions into the English language. Agartha receives the impression that is capable of being translated through all of her senses. She has chosen words—English-language words, to be exact—because she enjoys words. The impression could also be known by her through visual images, musical notes, or dance movements. The important thing to remember is that communication from the God-Source in any form is by permission, and through this form of receiving a complete inner picture or understanding, each idea is understood. The actual form is at the discretion of the receiver.

As pure spiritual energy, we are like a shimmering pond with reflections of our purpose springing back and forth, changing at each move. These thought impressions, while different, actually communicate very precisely and with beautiful subtleties that are lost with words. You might call it words of a different kind of language, where quiet and sound merge. ✧

Telepathy seemed a simple answer for what we could only guess was a much more sophisticated process. We were becoming more confident with the process, however, and had no reason to doubt the incredible results.

Many months later a question came up that was asked frequently by both believers and hard-core skeptics. I hoped it would not offend Mentor, but I needed to ask it.

I do not wish to doubt you, Mentor, but could it possibly be that you are only a product of my imagination?

✧ *What is imagination except a glimpse of reality experienced and expressed in a dramatically different manner? If we are to share our thoughts and you are to accept and use my guidance, the space between our worlds must be bridged in some fashion. Do not be afraid of your imagination or, more specifically, your imaginings, for if you had no propensity for imagining a world beyond your own rational world, you would certainly not be listening to me this moment.*

A vast difference does exist between rational imagination,

which is mere ambient speculation and spiritual imagining, which in turn is the means of giving form to genuine impressions that are received as the complete thoughts or images I've described. No, I am much more than your mind could ever imagine, and so I come through your divine awareness and the energy of your spiritual perception. ✨

Mentor's skill and grace in answering my most complicated questions was reassuring. Even though the answer to questions often sounded like a combination of a Zen koan and a beautiful metaphor, it still felt basically complete. This intriguing answer, however, failed to satisfy Jim's deeper question concerning verification of the existence of other levels of reality. I tried again.

What about the skeptical people and people who want facts?

✨ *Some will want only rational proof of my existence. These people can be encouraged to pay additional attention to their own perceptions and "imagining." They can thus make their own way through skepticism to lasting spiritual understanding.*

You need not be afraid of skepticism. Some who are skeptic desire merely not to be duped or taken in by a charlatan. This is an appropriate precaution, because remember that they have not experienced the reality of this communication the way you have. Be patient and take no offense. Each person has the choice of accepting or rejecting many things in a day. For some, this process of dialoguing with the higher realms will seem at odds with their beliefs. This is as it will be. Some will hear and respond and some will not. We have no time limit on learning, for eventually all will find their way and their path. For those who are disagreeably skeptical, merely avoid putting forth what you already know will be rejected. When you put forth this work in that way, it is only an advancement of your ego and a search for emotional validation. Look to me to validate this process: all others can only validate this process through their own relationship with the Divine.

I will assure you that you are protected and will never find your-

self in a circumstance in which you will be so seriously disillusioned as to jeopardize our dialogue. For we have much work to do.

Truth and fact are not always interchangeable. Facts are relative to what has already been accepted as truth. I seek to share with you what is truth beyond known fact, meaning of lasting and irrefutable understanding that will be true no matter what else you do or wherever else you go to learn.

The ever-expanding search for divine truth is the only search of substance, and those who search in this vein will not be disappointed, for they will intuitively recognize the truths of which I speak. Universal truths are constant strains of spiritual philosophy that emanate from the very core of existence and are true for all living things. God plays no favorites; all living things everywhere, both large and small, are included in the largest plan. Universal building blocks of truth are the essential foundation for life and for appropriate change. ✨

Being the conduit for these dialogues and teachings meant I needed to know without a doubt that I was not just talking to myself. I also needed to be sure I was not misrepresenting Mentor's thoughts. This authoritative answer seemed to satisfy Jim, or at least to preempt a continuation of questions along the same line of thought. He was deeply impressed with Mentor's wisdom concerning facts and truths.

How can I be sure which thoughts are mine and which are yours?

✨ *Two primary avenues of expression help you learn and communicate what you are learning. When you recount what you've learned or explore a new premise mentally, you think through your ideas, weighing your words and deciding whether they have meaning and make sense. When you are expressing the content of the holographic images, the thought impressions that I share with you, you already have the full picture, so the words spill out, tumbling over each other because you are not guessing what to say,*

you see clearly or know what the desired information is and means. Your only choice is how to best express it.

No human brain can function at the speed, clarity, accuracy, and continuous levels of activity that are typical of the process of using spiritual telepathy and the sharing of thought impressions. As you've found for yourself, inspiration and knowledge coming to you in this new way are entirely different and can never be confused with the processing of your own thoughts and ideas. ✨

It seemed so simple—and I have come to recognize Mentor's ability to deal in simplicity as an attribute of a true teacher. It was just as he said in the beginning: I was learning to trust him because of what he said and the way in which he said it. He seemed always able to perceive just how much I could comprehend. He was never belittling or overly complicated, always dealing in easily understood language even if there were multiple levels of meaning.

Daily contact with Mentor led gradually to larger questions about the whole spectrum of alternate realities and nonphysical beings. If it were possible to reach out and contact higher levels, angelic beings, could we communicate with simpler life forms, such as house plants or even the nature spirits? Jim posed this question about other realities and was quite surprised by the depth of the answer he received.

Are there separate realities overlapping with ours? Can Agartha journey to these realities or experience them with her five senses?

✨ *The five senses that you are the most familiar with are sight, sound, taste, smell, and touch. Agartha experiences me with a combination of all five senses, and this is, as I've mentioned, spiritual telepathy, or the ability to receive holographic impressions. Sight, being able to perceive spiritual energy within your mind's eye, and sound, perceiving the movement of spiritual energy, are actually the two senses that, when developed, lead to awareness and perception of other spiritual dimensions. Sometimes a person develops the ability of "second sight" and then finds guidance, or, as in Agartha's*

case, one develops “second sight” as a result of the communication.

Each of the five physical senses can be deepened and expanded so that they become capable of bridging one’s awareness from present-day physical reality to other levels of knowing. Just as a person who is blind can function well in the world by deepening other senses, so too can the person who is learning through this intuitive channel—the one we are working to expand in Agartha—learn to deepen the other senses.

Communicating with nonphysical spiritual dimensions utilizes the same process as communicating with nature spirits and house plants. Since all life is energy, deepening your perception in any combination of the five senses takes you into different living realms. The realms you enter depend upon your interest and intention. Deepening, for instance, your sense of smell takes you into the lives of creatures who have a well-developed sense of smell. In experiencing smell beyond the normal physical olfactory range, you understand and come to experience a great deal of the animal who relies on this skill as its own primary sense of knowing. And so if you want to truly participate in your beautiful world, then develop your senses so that you can share with the other living things that form the community of all life on your planet. ✨

Continuing the Communication

And so it began and continues today. I write daily on many subjects and to achieve a variety of goals, but all the material I glean from Mentor enhances my ability to know the spiritual realms, the angelic teachers and presences that I imagine act as a safety net, holding us even when we feel we are falling through into a dark abyss.

One morning, about three months after our initial meeting, Mentor mentioned that we would begin a writing project. He suggested the entire outline of chapters for this work, and he continued to share with me and encourage me to believe that I could create something to which others could refer to help them on their own life paths. I was to spend the better part of three years writing *Agartha* with constant editorial supervision by Mentor in order that the book might

speak to people's hearts and open a doorway to new experiences.

The process of sharing Mentor becomes easier as I observe the positive effect of his words on individuals and groups. Working with Mentor has involved a slow, steady process of learning to look beyond my own fears to realize that the universe gives us those skills we can be successful at and that we are intended to use. Sometimes accepting our natural abilities means that others will come and go in our lives and that we will experience loss and sadness as well as joy and love. All of us have obviously chosen this living environment, this Earth School, for a reason, and maybe that reason had to do with the opportunity to experience and learn from all extremes of emotions and experiences.

I have shared Mentor's teachings privately with many people, and each person seems to take from the material what is important to his or her own learning at any given time. When we find who we are, it seems that we then know how to solve many of the critical issues that face us. My hope is that the material in this book will add significantly to each reader's ongoing spiritual understanding and sense of a more lasting reality.

Mentor's conclusion to this initial chapter outlines most appropriately both his intent in sharing this material with all of us and, if we are able to "come of age," the promise of release from humanity's current woes.

✧ *You'll find the teachings in this chapter relevant to your life if you are searching to better understand the purpose of your life and if you are looking for ways to enhance the spiritual development of others and the Earth itself.*

I've begun to explain my intention in contacting you, Agartha, and my intention in allowing and encouraging our work together. This material will lead directly and indirectly to the expansion of your five senses, to the ability and capacity of expanding your beliefs, release those who no longer serve you well, and claim your future both on and off your Earth. This material is also for those of you who are dreamers, hoppers, and visionaries, those of you who hear something inside that pushes you to awaken and to

learn, those who have compassion in their hearts, and those who know they want to leave their physical lives having accomplished what they came seeking.

Two thoughts are important here: one, spiritual teachers and students are increasing the level of their communication both on and off the Earth. This increase facilitates awakening humanity's potential for the twenty-first century and beyond. Two, the nature of this material pushes you into the world of mysticism so that you can find the point within your own heart where you sense the truth inherent in these teachings. This inner place is where your life meets the lives of other people, other creatures and living things, the Earth, your solar system, and beyond, into other physical and spiritual realities. This is, perhaps, the place you've been seeking.

It is time for you and your friends and neighbors to grow into your spiritual opportunities by trusting the power of what you can't see but can feel more than the power of what you can see but can't feel. When you look beyond your previous experiences to consider where you've truly come from and where you are going, enlightened understanding replaces callous indifference. The place you seek is your soul, your "living mind." Within your soul your individual energy meets the totality of energy as Divine Love, and this is God. ✨

2 *Coming from the Heart*

*"Your body is filled with the joy and sorrow
of yesterday.*

Your mind is filled with the joy and sorrow of today.

*But your soul is filled with the priceless joy and
inspiration of tomorrow,*

through the reality of coming from your heart."

—MENTOR

INTEGRATING ANY SIGNIFICANT CHANGE into our lives is more often a threat than it is a comfort, at least in the beginning phases of a new cycle. And it seems that, while change is constant, it is like a pendulum whose arc spans an abyss, activating on one side dramatic and obvious changes and, on the other, the more subtle forces of life.

My initial spiritual experience in early May 1980 triggered a season of change that would last for the next eighteen months: nine months after Monroe but preceding Mentor, and nine months adjusting to the addition of Mentor to Jim's and my lives. Even before Mentor introduced himself officially in January 1981,

I was trying to reconcile my new sense of self with my former self, and the challenge would prove, over the upcoming years, to be a major part of my own transformation.

Looking back at that time in my life, I still feel a deep sense of gratitude for the quiet autumn provided for my family and me before we moved to New Hampshire. We had moved into our first rental house at the height of the fall colors. The house had originally been part of a summer colony and was tucked away in the woods. The giant pines hung precipitously close to the house, all but leaning on the roof. Although I found nothing especially memorable about the house, the experience of living there proved significant.

We used the six months of fall and winter as “think time” for finding a building site and a house design. It seemed appropriate for Jim to leave CBS in the early spring of 1981 so that we could move to New Hampshire to begin the building of our home. Although I had always shied away from cold climates, my new spirit of adventure suggested that I should consider more than the cold in choosing the location of our new home. The New England approach to living meant a lot to us because it emphasized the aspects of determination and dignity that seemed woven into every aspect of life. Moreover, the rural life seemed suited for spiritual pursuits.

Once Mentor became part of my life, he did not complement my role as wife and mother; he overwhelmed it. I felt safe asking for guidance, but to fully live according to the advice seemed contrary to who I was. I had no desire to threaten the established roles in my relationship with Jim, nor did I want the responsibility of defending a reality I was only barely beginning to understand.

The writing I engaged in at the time highlighted all my personal insecurities. I felt incapable of presenting my experiences in more conventional terms, which seemed to be what everyone expected. I lacked the cosmic vocabulary, the background in religious traditions, and the confidence to present Mentor in a way that I felt would do justice to him or his communications. I wanted only to try to keep his wonderful words as a personal treasure from which I could pick and choose the day's fare.

Yet mixed in with this sense of retreat that I gained from

Mentor's sharing of his thoughts were those moments of genuine confidence that seemed triggered by other people's needs. My own fear of rejection faded in response to those whose words spoke of trauma, disease, and death. Where there was a need to be addressed, it felt deeply appropriate to me to relate my experiences and to share the beautiful material that had been put into my possession. When I helped others, material from the universe seemed to pour directly out of me from some inner well. All my personal misgivings fell away, and the right words to say always came to me. I did not need to hesitate; what I said was understood in a way that was meaningful both to me and to those with whom I spoke. I have since come to call this process "switching to the cosmic channel," which means speaking from the heart and knowing that the thoughts will be right.

While spirituality, at this point in my life, was only a dawning reality, Jim had been actively on his own spiritual path for ten years. Only once during that decade of searching had he experienced a sense of his own connection to the nonphysical world. My overwhelming breakthrough with Mentor, by comparison, created in me a feeling of guilt, as if I had somehow been granted a spiritual privilege I had not earned. From that perspective, it did not seem fair that the connection with a nonphysical teacher should be made with me rather than with Jim. And it seemed that as Mentor's influence spread into every area of our lives, it inadvertently diminished Jim's spiritual search.

Perhaps in certain respects it would have been easier had this been Jim's direct experience, for he is not a man who is comfortable with the position of observer. He has a participant's nature, with an intense desire to experience the realities he reads about. And so it was perfectly natural for him to interpret my spiritual experience as something happening to and for both of us. At one level, certainly, that was an accurate perception. From a more intimate perspective, however, I felt as though Jim was pressuring me into sharing and interpreting my experiences for others with the same emphasis and confidence his personality naturally dictated. For him Mentor became a vicarious spiritual experience, suggesting that his long quest had not been in vain. While I understood

this delicate situation inwardly, attempting to communicate my feelings to Jim only served to complicate the matter.

For regardless of this spiritual awakening, I still remained a suburban housewife and not yet a mystic. I felt woefully unprepared to tell people about my spiritual experiences face to face. To accept Mentor's presence and the resulting writing as the natural fulfillment of a spiritual search meant that I had to accept myself as a confident participant in a cosmic reality that altered the very basis upon which I had built my life.

At times, though, I felt I had taken major steps forward in releasing old patterns and responding to new ones: it had, for example, been my decision to move, and the decision came not with feelings of self-sacrifice but from a sense of natural progression. It now seemed appropriate to me to consider a change in lifestyle.

Learning to Listen

Weeks of intensive Mentor communications set the precedent for the work that was to become a part of my present life. I would meditate in the morning after the children left on the school bus, and then write for several hours, transcribing the scrawls into readable form. Mentor would always clarify or repeat a message if for some reason I could not decipher my own handwriting. I never detected a note of annoyance; the message was simply repeated. By noon the serious work of the day felt complete.

Internalizing the subject matter in these morning sessions proved to be quite another matter. I often experienced a level of detachment in which I would lose a sense of what I was writing as well as of its source. While I found enormous potential for personal change in Mentor's messages, I felt easily overwhelmed and could absorb only a little at a time. The material I did not read immediately found its way to the desk drawer to be read later.

Jim could hardly believe that I failed to devour every word right away, but it was important for me to maintain a level of normality for myself and the children. Perhaps delaying my study of Mentor's words was a protective device that allowed me to go on living. I found

small details in the writing that spoke to the enormousness of what was taking place. The way Mentor would unexpectedly use the name he had given me, Agarthā, caused a similar jolt. So my personal relationship with Mentor grew in this cautious manner of integration. I knew I needed to read carefully, taking care of my own emotional health, for this would be a contract to be fulfilled over the span of many years. By this time I had come to trust that Mentor's words would always be available for the asking, although I think Jim was afraid that this incredible source of insight might one day disappear. Despite his trepidation the time was magical and the choices formed a new pattern that would move me toward a deeper appreciation of Mentor and a new level of sharing ideas and perspectives with others.

Every aspect of my life slowly began to reflect the effect of Mentor's influence. And, as with a severe and sudden weight loss, people near me noticed the change. Sharing the explanation for my shifting patterns proved to be another significant learning experience. I came to realize that revealing the existence of a nonphysical teacher can elicit several different responses. One comes from the disbeliever, for whom there is no proof. Another comes, oddly enough, from the believer, who in his or her willingness to believe can derive an inaccurate impression. I have had the experience, more often than I like to recall, of having to clarify an individual's understanding of the significance of Mentor within my life. Hearing Mentor's wisdom does not mean that I am suddenly released fully from the experiences of fear or anger, doubt or worry. I am as susceptible to a cold or to a car accident as anyone else. The significance of Mentor far transcends my personal concerns, yet I grow spiritually as a result of his involvement in my life.

Still, I'm enormously reassured that Mentor has never failed to answer my calls. I have only to relax, clear my mind, focus on him, and I'm aware of his presence. The process never ceases to amaze me. I have learned to work faster and more accurately by typing his communications instead of writing longhand. This method has its amusing drawbacks. In the days when I was using a typewriter, sometimes, in the process of "listening," I became so engrossed in the process that I neglected to notice that the paper

had come out of the typewriter. At other times I placed my fingers on the wrong keys, and the resulting typing proved totally unintelligible. In these instances, fortunately, Mentor willingly repeated. Typing, with its few drawbacks, is far more comfortable than handwriting, and since I am a competent typist, working at a keyboard—now, the keyboard of a computer—has become my preferred method of taking down the messages. While typing may seem at first to take away from the naturalness of the experience, I have found that it saves hours of time in the transcribing and frees me for more creative work.

One can receive channeled material in any number of ways. My least favorite is letting Mentor speak through my own vocal cords. I cannot remember the first time it happened, although it did occur in the natural course of one day's lesson. This type of communication, of course, turned out to be Jim's favorite, since he could have a dialogue with Mentor. He found it difficult to understand why I put up such resistance to this verbal communicating, even though I tried to explain that it was difficult to vacate one's body in the presence of others, knowing that one was not present to stop or in any way influence the communication. It is a feeling of being totally vulnerable and virtually defenseless.

My reticence to express Mentor's material verbally did not, however, apply to sharing it orally with small groups of people who were honestly searching for spirituality. It surfaced only with those who seemed merely curious. In these cases it struck me as highly inappropriate to ask Mentor for his input. While it is my voice that one hears in the channeling, the ideas, voice inflections, and often even the choice of words are not mine. Such an experience can be often disconcerting or overwhelming to a newcomer to the process of channeling, so I much prefer to stay in the "here and now" with people while they experience the information through my own personal discussions. My sincere desire is to serve people's need for understanding and knowledge, not to impress them with the process through which transmission takes place.

Tonal Resonance: The Energy Vibration of All Life

Mentor devoted the winter of 1981 to communicating knowledge of a universal nature as well as to counseling me and laying the groundwork for our evolving relationship. As a serious student, I realized that receiving channeled guidance from Mentor provided me an education unparalleled by any earthly classroom. One day I asked Mentor about our new land in New Hampshire and the life we would start building there in the spring.

✧ *Agartha, once you are living on your new land, you will have the opportunity of experiencing nature in a vastly different way. All manner of living things, including people, communicate vibrationally. All life uses not only specific language but also specific senses. All life is also gifted at the deeply perceptual level to assess and appreciate both its own living environment and the other forms of life in its close proximity. This perceptual-level knowledge is similar to the way in which I communicate with you, Agartha, in what I've called spiritual telepathy. This type of telepathy, when between people or between people and other forms of flora or fauna we can call tonal resonance. Think of tonal as referring to the true notes of your soul and its destiny, and think of resonance as meaning all that expands and accents in a positive way the qualities of life you've chosen for this incarnation. Let us explore more closely this important cornerstone in your spiritual understanding.*

The vibrations of tonal resonance allow all manner of living things to better understand and negotiate their environment. As you walk down a path in the woods, for example, the woods are also observing you. They are assessing you at the whole-life level: what you feel, what your motives and intentions are, and whether you are friend or foe. Animals are unafraid of people except those who are clouded in their own intentions or are acting in a predatory fashion. When you sit quietly with the intention of observing in love, then life quickly resumes around you. If, on the other hand, you are hunting an animal, that intention will be known, and animals will be uneasy around you even if you are very quiet.

Tonal resonance also has profound implications for people-to-people contact. When you experience a death, trauma, or loss of someone who is far away, you may very well receive this sense telepathically, or through tonal resonance. The tone of that person's essence has a different resonance—a different sound or emphasis. Tonal resonance is sensed as a deep-level experience well below conscious awareness.

Tonal resonance is actually a reflection at its core of Divine Love: love for self and self-preservation, and love as curiosity about and interest in the larger community of life. A person untrained in perception requires a change of quite a profound nature before becoming consciously aware of tonal resonance. If your father, for instance, had a heart attack, you might very well feel it. If life or limb is threatened—in other words, if love is involved—you are apt to experience the vibrations I'm calling tonal resonance. ✨

Jim and I were to learn many things about the vibrations that human beings and objects emit and the effect of these vibrations on their environment. One of the most dramatic personal examples occurred shortly after we moved to New Hampshire. We had gone to Connecticut to attend a wedding, and when we returned home late that night we were exhausted. Mark and Melanie were asleep in the back of the station wagon, and I was struggling to stay awake to talk to Jim. It was a losing battle. During a lull in our conversation, I dozed off. Without warning I was jolted out of sleep by shouts from Mark: "Dad! Dad! The road! Look out for the road!" Before I could respond, Mark was again lying down, apparently fast asleep. As I'd opened my eyes, our car had already drifted to the shoulder of the road. We were on a divided highway, and a deep ditch lay only feet away.

Jim, visibly shaken, confided that just before Mark's outburst he had fallen asleep. Mark's shouting had awakened him. We were frightened to realize how close we had come to disaster. We knew something profound had happened, and I wanted to understand how Mark, who had been deeply asleep, could have known we were drifting off the road.

✧ Tonal resonance, a vibrational influence, is always available to you. When you are asleep your mind is often less cluttered and more able to experience perception. You drifted into sleep, Agartha, and were not yet at a clear mental space. Mark was, by contrast, in a very clear inner space and not only felt a changed vibrational pattern from his father but “saw” and experienced the total picture of the family, the car, the road, and the angels present, and he spoke what he was experiencing. He felt the impact of this experience in a profound way that had to do not with dying but with the drama unfolding. The fact that Mark remembered nothing of the experience when he awoke gives you some idea of the vastness of the human experience and the ways in which different qualities and levels of consciousness come into play and yet remain hidden from the conscious mind. ✧

As we tried to absorb Mentor’s guidance, I felt humbled to realize that such a profound experience had been available as a teaching for our whole family. When Mentor mentioned the presence of angels, I had to stop for a period and shift into my newly developed acceptance of God and the angelic teachers in our lives. I felt blessed to be alive and to have my family intact. I accepted that Mentor had been part of this experience in ways I would probably never really understand. Each of these “proofs” of the ideas Mentor discussed shaped my appreciation of the unknowable ways in which nature “talked” to all of the life forms living in their environment.

Mentor’s teachings continued to help us understand the power of vibrations and intention as well as the importance of love. He continued to cite examples from our own lives as illustrations of the concepts he wanted to communicate. His references to our current experiences occurred with great regularity during the time of the building of our home.

✧ How you work your land, Agartha, and the intention of those who help you build your home will influence the spiritual

atmosphere you create. All the gradations of harmony and dis-ease that you and others around you feel will become ingrained in the very core of your house. Both the positive and negative tonal resonance vibrations of every living thing in your area will influence your living and growing environment. ✨

With Mentor's guidance, we felt compelled to find compatible people with whom to share the task of building the new house. One morning Jim awakened me with one of his great ideas. He said we should contact David and Martha, two new friends, and ask them to come out from Indiana to live and work with us on the building of our house. We knew David was a carpenter, an expert gardener, an artist, and a musician; Martha, an apprenticed midwife, had a serious interest in healing, organic gardening, and cooking with organic foods. Both were strongly spiritual, well-grounded people, and we knew our children would love them. Trusting Jim's intuition, we called; when they accepted enthusiastically we felt confident that intuiting them had been the right decision.

In a similar fashion we found Mike, our lead carpenter, after a phone call from a local shop where we had made inquiries for a special craftsman and builder. Mike's quiet strength and knowledge kept us on course during the building of the house. And there was Lew, a carpenter and expert wilderness guide, on whose steadfastness we learned to depend. A bond of trust developed among all of us as we labored together on the house for almost seven months.

Tentatively at first, and then with increasing confidence, I began to share Mentor's teachings with our friends and felt gratified with their response to his thoughts. We would sit in the garden or around our livingroom fire for meditation and for sharing thoughts and experiences. From these intimate gatherings we developed a loving nucleus of people who became our new friends and community.

✨ *Your land is meant to serve as a haven to many, a sanctuary, and must be prepared accordingly. Since you are creating a place of healing and peace, those in need of solace will find you intuitively.*

With each intention you acknowledge for the appropriate

development of your home as sanctuary and center for the spiritually weary sojourner, you'll shine energy into the ground and into the plants and animals who live there. Your land is awakening to a new, more dynamic growth potential, and you will feel this as you plant and reap. The energy added through your work with plants and flowers will increase the production and harvest from your gardens and grounds. The people working the land or helping you build the house will experience a growing sense of harmony. When you feel out of harmony, you should refrain from working, because disharmony alters the group's energy. ✨

Just as we quickly developed a routine in the construction of the house, my daily meditations with Mentor gradually became an accepted part of the morning procedure. This created occasional twinges of anxiety in me as I saw Jim seemingly becoming addicted to Mentor: he had abdicated his own objectivity in making decisions about our lives and began to refer every issue to Mentor for comment.

Inwardly, I could feel resentment developing in me as it became subtly apparent that my presence at the breakfast table was more welcome when I arrived with a morning writing from Mentor. I expressed my anger to Jim by stating that I felt as if I had become little more than a machine for taking cosmic dictation.

Perhaps it struck him as irreverent, since had the connection been made with him, he would have pursued it with greater determination. Nevertheless, I pursued it with all I had to give, and that would have to be enough. I became less self-conscious about what others might think of me and whether I would be rejected as "different" because of my emerging gifts, but I also needed to maintain a sense of normality in my life.

My transition in my personal and spiritual lifestyle, though relatively smooth, still required a period of adjustment in which I was to learn that ultimately all of humanity is subject to the laws of the universe. Although I knew better, I found it remarkably easy to believe that with Mentor's assistance, all major problems could be avoided. This misperception paralleled the same inaccu-

rate perception I have since encountered in many others who seek to understand both the intricacies of my relationship with Mentor and their own guidance.

Shortly after we began work on the house and started clearing a path through the woods for the electric lines, Jim experienced a serious accident in which his leg became pinned under a tree. The accident confounded me utterly. I had believed with all my heart that the universe had sanctioned this move. Mentor, in describing our new life, had never mentioned that such an accident was in the offing. I felt betrayed. Why had he not warned me? Every tiny detail had gone perfectly, and now we came up against a totally unexpected circumstance that threatened to explode our dream of completing the house.

Without Jim, an essential member of the building team, we could not possibly stay on schedule or within budget. Mentor reassured us, but he pointed out quickly that certain natural laws govern the people on Earth, and when we disobey them, trouble inevitably results. He explained that our futures are not predetermined but created each day, and that Jim and I, like everyone else, are subject to the laws of Earth. He did, however, instruct me in how to help heal Jim's leg, and his giant hematoma healed in three weeks rather than the predicted three months. It was a miraculous recovery, and he soon returned to building stone walls, although with a slight limp, and I was more seasoned in my expectations of the role of the universe in my life.

The Meaning of Love

One of Mentor's more fascinating discussions focused on the subject of love and his perspective and sense of this expansive energy. In spite of the reams written on the subject, Mentor's thoughts seemed different: they spoke directly to our personal relationships and our means of loving others as a *spiritual* experience.

✧ "Love" is emotional ebullience, a light and glorious feeling, a demonstrable affection for someone or something. Love has many components, being essentially the feelings that grow from

both personal reflection and impersonal discovery. Personal affection is important but is actually only a sliver of the total experience of love. If you love another person truly, then you experience Divine Love through this loving. This love is the lasting lift, the nectar of the Gods and Goddesses, beyond jealousy or personal need—the essence of spirit that is the basis for lasting compassion. The goal is to feel this expanded way about people you don't know and people with whom you are at loggerheads.

Divine Love is experienced through personal affection but isn't limited to it. You can experience Divine Love without liking someone or even knowing him or her. Personal affection is the easy way to recognize positive and nourishing feelings so that you can duplicate this pattern of loving in many new ways. You need to experience love in order to clone it. Intimacy and sexuality with a partner, for instance, can be translated into other meaningful forms of understanding and closeness, compassion, and appreciation with others. Personal love and affection teach you to love so that even if the personal relationship evaporates, the memory remains implanted in your heart. It's important to remember that it isn't the individual relationship that is the source of the nurturing you seek, it is the divine essence of love, open and flowing through you always. Recognizing that you are a source and a receiver of Divine Love allows you to give it away freely. Love multiplies within you and in the world in this same way. Experiencing Divine Love means treating all living persons and things as if they were your beloved.

The spiritual journey toward living in the grace of Divine Love is the essential core of existence to which all life is guided. Every particle, atom, and molecule of life undergoes this journey. Consciousness surrounds the physical nature of each person, animal, or plant in a search for greater clarity and an experience of God.

Love, as I experience it, lacks any personal, sexual, or emotional overtones or highlights and embodies the experience of Divine Love. Your physical Earth School teaches you to climb the ladder of personal relationships in order to reach the rooftop of an appreciation of Divine Love.

Your Earth-School experience quietly, subtly, almost invisibly

schools you in the principle of spiritual Divine Love: that your life is important but only one essential aspect of the whole. This principle makes you and the Divine intimately interconnected. The spiritual evolution of a planet, a species, a civilization is measured by the ability of the participants to live this understanding of wholeness and harmony without the impedance of mental and emotional likes and dislikes, attractions, and rejections. Even though your Earth School is a predator-based environment, still it offers a spiritual arena for learning.

Human beings experience an unquenchable desire for wholeness in life. You may hear someone express this spiritual desire in the fervent sentence, "I want more from life but don't know where to look or what to do." Your loving in a personal way demonstrates love and expands that love so you are able to offer Divine Love to others. Any loving is better than no loving at all, and even if the love you've received has been misguided or faulty, it still helps to open the heart to greater understanding. ✨

I thought of all the people who have used love as the excuse to hurt or abuse others. I considered the wars and atrocities that have come about through misguided love, and yet Mentor asserted that we are an Earth School of learning to love and that this personal experience, essential to our learning, demonstrates a more universal experience of loving without any self-interest. What a long way we all have to go to get to this Mentor-place of love! I wondered if humanity could reach such a goal: could we really attain such an enlightened stage as seeing everyone as our beloved? I asked Mentor about the possibilities for such an advance.

✨ *Love, Agartha, is the journey and offers the only lasting means of growing spiritually. With love all things are possible; without love nothing can grow or change or progress. Love is the rain, the sunlight, the minerals and nutrients; love is the entirety of your physical, emotional, and spiritual growing environment.*

Understanding love as present on other dimensions engenders feelings of connectedness to the future and to one's place in

the universal picture. My serious intent in discussing love, however, is to offer you the opportunity of honoring the experience of personal love in order to build upon it and transcend it to a love that embraces even your enemies.

Divine Love offers the magical link between individual experience and God-realization. Harmony on your planet will grow out of chaos when you see that the other person you kill or injure in any way harms you. You gain maturity as an individual and as a civilization only as you value your relationship with all living things. People who become aware that they can experience the flow of Divine Love use it as the preferred vehicle to facilitate change. More people will follow the path of Divine Love as the severity of the struggle on Earth heightens. When humanity looks to the heavens for answers but makes no room for visions or impressions beyond one's own ego and personality, then one talks not to God but to one's self. The obvious solution to all crises values is using love and envisioning yourself using love in every and all circumstances. Divine Love, learning to view life from the rooftop, suggests the only answer.

Love is the core of all revelation. The expression "Love comes from the heart" points the way to a new beginning through recognition of the heart as the seat of humanity's "I am" awareness, humanity's link with others of his and her kind, and with the God, the "Isness."

The "I am" represents awareness of one's self as a harmonious part of the whole. "I am" signals the understanding: "I am responsible for deepening the connection between all peoples and the 'Isness,' the Divine; I am involved in improving the harmony of the planet on which I live in order that all may find fulfillment." ✨

I felt the immense power in these words and felt drawn toward the notion that every individual was responsible to find and nurture the "love connection" with the universe. Yet I had never felt an affinity for the word that seemed to stand for self-realization: *enlightenment*. It never occurred to me that people other than yogis and evolved mystics actually considered their lives a journey toward enlightenment. Yet years later I realized

that every man's, woman's, and child's spiritual destiny lay in awakening the divine force of enlightenment.

I could relate most easily to the concept of enlightened love. As Mentor described the concept, it seemed potentially attainable and utterly appealing. I began to think of Divine Love, enlightened love, as perhaps the ultimate goal for humanity. Rather than representing a badge of esoteric distinction, Divine Love came to mean each person's only genuine gift to himself or herself and to the planet. I wanted to know more.

Mentor's words encouraged me to examine my own motivation toward others in deciding to live my commitment as part of a larger-than-my-life reality. Within this context I hoped, in some way, to come to understand my own "I am" connection. While I felt an undeniable tie, even a heart-to-heart link, with the universe, I had never defined this feeling. To experience this connection seemed the way to avoid the personal "black holes" potentially around every corner and also to contribute to, rather than detract from, the collective experience of living.

I knew that as I shared this personal spiritual journey with others, my work with Mentor had the potential for becoming a beautifully creative and personal act of love. This vision became the core of my development, making a lasting impression on my life. It also became the basis for my work as a healer, in the belief that one's own personal connection to the teachers of the Divine could be an essential and continuing means of support and reinforcement even as one carried out his or her work with others.

Only a few people who came into our circle of acquaintance seemed unable or unwilling to appreciate the value and integrity of Mentor's teachings and guidance. Regrettably, some of these people were very close to us, and I sensed their inability to fathom such a dramatic change in someone they had long known in another more familiar capacity. While this incapability on their part was frustrating, Jim and I learned to follow Mentor's own wisdom regarding such people, sharing only as much as we felt they could accept. Usually, we found people hungry to learn. We regarded what we were experiencing as valid and felt strongly

committed to further understanding Mentor's teachings. It became natural to share our knowledge with others, and Mentor commented on my feelings:

✧ *You feel warmed, Agartha, by your experiences of sharing your learning with others. You feel supported by their interest, yet you seem surprised at the impact this material has on them. While it seems very natural to you to accept the information, to others it remains mysterious. Many are unable to experience such a particular relationship with their own spiritual teachers, so they find it incredible that you can do so. Although few have yet responded to your insistence that everyone can tap other realities, this is, nevertheless, the way some will eventually find their way to our realm, to be shown truths beyond their five senses.* ✧

Jim and I tried to incorporate Mentor's teachings into our own lives but found that new patterns of thinking fail to materialize overnight. If we were having problems grasping these difficult perceptions and integrating them into our lives, even with the assistance of a teacher, we could fully appreciate how difficult the process could be without such assistance. The goal of enlightened living seemed both near and far, but through Mentor's continued loving guidance we stayed on the path of seeking.

✧ *The "I am" represents the seat of higher consciousness in the body. It encompasses those qualities that align with the higher self and with its connection to the Ultimate Energy of God. Your awareness of your own "I am" lies in direct proportion to the quality and amount of time expended on this spiritual search.*

Not unlike the physical body, which responds to repetition in order to achieve facility in an endeavor, the spiritual body or "I am" also needs repetitive activities to strengthen its ability to override negative or disheartening feedback. Those aspects of your body and spirit that are used continually will grow, of course, while those aspects that are given little or no attention atrophy and recede from reach.

Every day and in every action and conversation you will find the opportunity for reinforcing your “I am,” your spiritual energy, by using love and speaking words of joy, compassion, and encouragement. When you realize that your words reflect your own agitation or dis-ease, then disown the inappropriate thought, word, or action. Be selective about the energy that you encourage, because every tiny choice creates the totality of your physical health, emotional balance, and spiritual availability to your higher realms of perception.

Life’s major issues, the ones you recognize as your teachers, appear as more obvious versions of the smaller daily incidents that you may disregard. Take exception to the small dis-eases and you will have fewer of the major setbacks to contend with. A worthwhile practice to follow encourages you to take a moment at the end of every conversation to ask yourself if you enhanced your “I am” energy through the encounter. If you can answer “yes,” then you’ve brought love into the experience, and both you and the other person received this powerful energy. Love moves in ever-widening circles, and what you put forth always returns to you many times over. If you answer “no” to the exercise and you’re aware that you acted out of your fear, anger, or another part of a personal agenda, then you’ve missed an opportunity to expand your spirit. You feel exhausted after an argument, or you feel deeply tired when you have experiences lacking love. Through honest evaluation and recognition of the route you often take, you can correct your exchanges, losing nothing.

You are, after all, learning to live in awareness of Divine Love. And your Earth School exemplifies a fine learning environment, because to behave in the way I’ve described you must swim against the current.

You may wonder whether loving means always saying soft and comforting things. The answer is unique to each person, since each person has his or her own way of loving from the heart. But measure your words and actions first by their origin; do they come from deep within you and carry grace, beauty, and joy? Do your words carry self-honesty and humility, and do they come from a

peaceful heart! You can ask serious and penetrating questions and be loving, or you can ask serious and penetrating questions and be intrusive. As you learn to recognize the quality of energy in your interactions, you'll become better able to express yourself in a way that carries your own "I am" essence and refrain from releasing the rest. This is indeed quite an impressive and essential discipline. ✨

Sharing Mentor's teachings with others brought certain issues painfully to the forefront. In our exuberance and enthusiasm for all that we were now learning, we assumed naively that everyone would be equally receptive. We discovered that this was simply untrue. Moreover, we also had to learn ways of responding to the reactions of others without experiencing feelings of personal rejection.

This issue highlights, perhaps more than most, one of the paradoxes of life. No doubt everyone has had the experience of observing another person, perhaps a child, doing something that could be made much easier if the task were approached slightly differently. In offering assistance to the child, the adult is likely to hear in response, "Let me do it myself." But if you, the adult, know the procedure automatically, you feel a sense of frustration, since you know how simply the task could be accomplished. Yet it is an act of wisdom to allow the child to discover for himself or herself the easy way of performing it.

I have come to see the same process at work in the unfolding of spiritual truths. We need to be allowed to "do it our own way" and in our own time frame. We each walk the path differently, with the timing uniquely our own. We can benefit from the way the angels help; they let us find the path, including the hard places and the dark ones. They are always available to help us learn, but they avoid eclipsing the circumstances that are essential for our learning.

As an example, I recall a time when a very dear friend, whom Jim and I had known for many years, invited us for a visit. We very much wanted to share the Mentor material with him but were concerned as to the way he would receive it. Before our visit, we asked Mentor how we should best present the information and how receptive to it our friend would be. Mentor said that shortly after engag-

ing our friend in a conversation on spirituality, he would excuse himself, saying that he had to make a hasty trip to the drugstore. That would be our signal that he had heard enough and was feeling threatened by our views; at that point, we should change the subject.

It is fascinating to note that despite the fact that both Jim and I had been forewarned about the exact course the conversation would take, that did not mean we were forearmed. Early in the conversation, our friend announced that he had to leave for the drugstore. Jim had hardly begun to talk and did not expect to have the conversation aborted quite so suddenly, so he responded to the circumstance with frustration and rejection, feeling that our friend had failed to give him a fair opportunity to discuss his views. In this incident, despite Mentor having told us exactly what would happen, our initial response was still one of confusion.

If we gleaned nothing else from this experience, we did learn how difficult it is to disregard one's immediate and personal reaction and to seek the more compassionate response. Even with Mentor's assistance, we had responded first with the more "human" pattern. Learning is not easy, and changing is even more difficult.

✧ *If people need to grow at their own rates, then you might ask, "In what way is it your opportunity to help others grow spiritually?" And I can offer two answers: first, it is appropriate to share your views when someone asks, and second, allow that you may know more of the situation, have greater insight into both the nature of the problem and the nature of the solution, than you share with that person. A true spiritual teacher knows more than he or she necessarily verbalizes, using temperance and love to be guided to say what is appropriate without showing off his or her knowledge or saying what would not arise from the greatest care, kindness, and compassion.*

You, of course, cannot know another person's life path, even though it may look clear and simple enough. You can begin by realizing that if the situation were so obvious and straightforward, then that person would surely have already set his or her feet in a new direction. But when a person seems unable to see the truth of something, unwill-

ing to acknowledge his or her own vulnerability or fear, his or her own resistance to sharing, trusting, loving, or giving, then it's obvious the individual still fails to see the way through the forest. Life will be the teacher, and in this way the person will find a meaningful relationship with his or her own spirit. And, yes, you must stand ready to help, but avoid standing in the way of the person's own spiritual journey.

No one spiritual path is better than another, although one may accept the universe's role in life more than another. All life and each life has purpose. And each time you choose love, you enhance every aspect of civilization by creating an environment that is literally aglow with positive spiritual energy. This positive energy expands life everywhere, allowing someone many thousands of miles away to feel supported in his or her efforts to rise to the challenges of life. In this way you have the opportunity to help those you will never meet who are on the edge of personal discovery and who will receive the benefit of your love. In this way each person continually rediscovers his or her own bearings and inner resource to be sustained through both trauma and joy. You are this moment receiving the gift of love from those you will never meet who are using love in their lives and thus indirectly making your life happier.

That creative spark, that "time for enlightenment," when Divine Love becomes a tangible force within the heart, then and only then is the person ready to hear for himself or herself, and with new attention, to accept a different life with an open heart. This spiritual mystery for waking up takes many forms and is repeated over and over again in each lifetime. How many times have you been asked on some deep level if you are ready to be different, to live or love or trust differently? Suffice it to say that when you are ready, then and only then is the time right. You can make ready the fire of spiritual ecstasy, you can gather the wood, clean and prepare the cooking pots, draw water from the stream, but the match will be lit only when the soul is ready to be heard. And so there is no way one individual can create another's time for enlightenment. The life blood of spiritual advancement is a thing apart, a thing of the universe, a thing unique to each spirit.

Be sensitive to each person and to his or her needs. Each time you have an opportunity to be with someone in a new way, to use love, scan the following list mentally. Ask yourself: at which level can I give love?

1. **LOVE THE ONENESS** in those people with whom you can truly be yourself, can find comfort in their thoughts, can feel supported in your own discoveries, and can feel loved unconditionally.
2. **LOVE THE SHARED FRIENDSHIP** in those who are eager to be with you and learn with you.
3. **LOVE FROM A DISTANCE** those people who enjoy conversation only at the social level, and discourage what you would consider more meaningful communication.
4. **LOVE THE GOD FIBER** in those people who make it difficult or impossible for you to be with them, care about them, or honor their path.

I would like to comment on the God fiber within each living thing. This essence, this fiber of love and grace, runs in every vein, no matter how deeply buried. Each person has a God fiber, whatever their actions or the hurt they may have caused you or others. In some people the God fiber can be seen only by stepping back from the personal level where you have indeed been disliked, betrayed, belittled, distrusted, hurt, or injured in some significant way.

At an impersonal level you can love someone you genuinely find unlovable in spite of that person's personality or history. You can take a larger view of the person's life and your own and invoke your own Divine Love to bring you to the place of healing through forgiveness. Forgiveness comes not from the mind or the ego but from the spirit. The ego and personal self will always continue to feel hurt or deserted in some way. The spiritual self, however, the eternal flame, burns brightly in your heart, and you'll find peace by acknowledging that at this level you can feel a different sort of jus-

tice, a justice that allows people to move differently in the various currents of their life experiences. You are responsible only for your own current of energy, that you swim with sureness, that you keep the water of your own intentions clear, and the rest is up to life and to the Divine Source, who influences each life in its own way.

One of the greatest spiritual acts of love is to walk away from recrimination and remorse and to accept, in its place, love and your own self-worth. If you believe in the individuality of each path, and in life as the ultimate teacher, then you can rest assured that you are held in a Divine plan that is long-term. This is the only path to peace of mind. ✨

Mentor's explanation of the stages of love gave me much to ponder. I felt he was talking directly to me when he spoke of the God fiber within each person, since it had always been so easy to assume, when others didn't want what I wanted or didn't embrace what I embraced, that they were in some way wrong or misguided. Mentor was saying that for all of our personal differences, we all share the commonality of the God fiber.

Equality: The Practical Side of Love

As I worked at integrating Mentor's lessons on love, it became increasingly apparent that I had been reticent to share the reality of Mentor with my ten-year-old son, Mark. What had begun as simple procrastination about discussing the changes I was experiencing became a precedent that seemed impossible to change. Initially, I was afraid that Mark might not have the basis I felt he needed to understand my relationship with Mentor without being frightened. I was also intimidated by the thought that he would have trouble distinguishing Mentor and the spiritual realm from what he'd seen on TV as science fiction. Maybe I just didn't want him to think of me as strange.

Mark was having his own difficulties in adjusting to our move to New Hampshire. I was hesitant to add to his confusion; yet I could feel the tension building between us. He seemed

always angry, and I felt certain it had to do with his feelings of being held at arm's length from this new mystery he knew existed in my life. All that Mentor said suggested the impossibility of second-guessing another's reaction. But I had assumed that Mark would not understand, and I feared that to trust him to make his own decision would be a mistake.

The question of what to say to Mark came to a head one evening when I was saying good night to him, and he unexpectedly asked, "Why are you always meditating, Mom?" and "Why can't I see this space person?" I could feel myself stiffen and withdraw. I did not want to make a mistake in introducing Mark to Mentor, but I was unprepared to do it that evening, so I promised Mark we would have a talk the following day. The next morning I turned to Mentor for his guidance:

✧ *Relationships fail to fit neatly into molds so that you know what to say and what not to say or do. Each person incarnates with parents and children to learn in certain and specific ways. This means that each relationship is continually created from the interior zones of your being, where you feel your way in love toward new understanding.*

The most important part of any relationship is allowing others to choose their own response to a situation, and of course this is the most difficult part. You want to spoon-feed Mark a predigested response to our relationship; this will not satisfy him, since he has his own questions and concerns. Take these seriously, and discuss whatever he wishes to discuss. You have had to adjust to me, Agartha, and so will he. Trust that he can make his own decisions that will bring him gradually to the best place for his own journey. If he were unable to appreciate this experience, he would never have incarnated into your life.

To assume you know someone well enough that you can and do predict their behavior and mental perspective is a gross and often tragic mistake, for it eliminates that person's freedom to create his or her own opinion and drastically affects the emerging picture of the relationship. A person wants to be trusted with the

various pieces of any new situation so he or she feels valued. This means risking that the person might reject the situation—and you—and so your inner belief must be strong. Seeing the truth of something, however, has nothing to do with past experience or chronological years. In your trying to protect Mark and/or yourself, you have shown him only that you do not trust him with the facts. You have deprived him of his right to make his own value judgment, paint his own picture. You assumed he was too young to notice the changes or too preoccupied to care. Always assume the opposite in any new situation. Come forward sooner rather than later with the truth as you see it. ✨

After school the following afternoon, I took Mark for a walk and began the long-overdue discussion. It took several months for him to work out of his slump in order to reach a point of openly discussing my experience of communication with an angelic teacher. To my relief, he did not reject what I told him, nor did he go shouting it to his friends. Concerning my relationship with Mentor, he developed a personal balance that was mature and touching. Although he initiated few conversations on this subject, he enjoyed listening to Jim and me discuss each day's communication from Mentor.

For a brief period of time, however, Mark needed to test Mom's abilities. Despite the fact that I found this process personally annoying, I knew he needed to assure himself of two things: one, that I really did possess a new ability, and two, that I was still Mom. On one occasion, Mark told me he had not touched the cookies on the counter. I jokingly suggested that he tell me the truth or I would "check it out." He just smiled. Placing my hand on his stomach, I announced he had eaten two cookies. The look on his face was a combination of both astonishment and satisfaction. This was his way of coming to terms with my new abilities, and I was more than willing to cooperate with his reality.

My reluctance to trust Mark with my cosmic adventures caused me to reevaluate my relationships with other people close to me. I wondered if my own wobbly sense of personal confidence

had gotten in the way of being honest with others. I asked Mentor if he had any thoughts on improving the quality of my interaction with other family members and close friends.

✧ *When it comes to sharing matters of the heart, family and those friends close as family are best seen as strangers. I'm suggesting, in imagining in-laws and relatives to be "strangers," that you accept a stance of non-expectation as appropriate. You have no control over their acceptance and approval; nor do you have the opposite. Here is the rub: can you share with them what is close to your heart, knowing there is a chance for rejection? The answer may be to share your feelings when questions are asked and to stop when the questions cease. Expect a "shock and disbelief factor" first. You yourself reacted in that way, despite having had the benefit of the direct experience.*

When it comes to the path of the spirit, accept that the person has a God fiber and also has a personal life that may well feel threatened by your experiences. When questions are asked, then answers or meaningful conversations need to follow. When others withdraw, you always have the choice of pursuing or releasing the person from your life. Living in an Earth School means that these very situations of spiritual sharing come up for review and that there is no one correct answer. Remember, you are unique, and so are others, and each of you seeks to learn and participate in the community of humankind. ✧

"The community of humankind"! What an incredibly romantic notion. "But, Mentor," I asked mentally, "is it realistic to think that all people could ever live together in harmony?" To this he replied:

✧ *But, Agartha, if you do not try, how will you know? Humans were meant to live in harmony, not imbalance. Humans were meant to develop love and compassion, in order to benefit not just themselves and their own families and communities but the whole of humanity and the Earth.*

Harmony has always been the way of things. Disharmony is

only the way of things on Earth and other environments of learning. Be part of the unity and balance of the universe by striving for what seems improbable and yet is possible. ✨

I needed to assimilate much from this rangy and sometimes difficult chapter, but Mentor's synopsis left me no doubt that he believed humanity's awareness of these subjects was critical to the attainment of any level of personal or collective satisfaction.

✨ *In this chapter, Agartha, I have shared with you ways in which love can create a harmonious whole through individual awareness. I have discussed:*

- *Awareness of tonal resonance.*
- *Use of homes and personal surroundings as sanctuaries.*
- *Love as the key to sharing and growth.*
- *Harmony through strengthening of the individual
 *"I am."**
- *Communication through love and a lack of guilt
 for another's awareness.*
- *Interaction, human with human.*

In "Coming from the Heart" you've learned to tap your awareness of truth through Divine Love. You've explored levels of loving that involve both your personal relationships and those relationships in which a different kind of loving is called for, one that honors the God fiber in every living thing. The truth of God experienced through Divine Love never changes; only your perspective does. As you learn to accept the truth of Divine Love as an ever-present energy in your life, realize that your life will greatly shift; and yet, dear Agartha, this truth will remain the same for today, tomorrow, and always. ✨

3 *Where Is Enlightenment?*

*"How difficult is the path,
How intense is the desire,
To find oneness,
To find peace,
To find enlightenment!"*

—MENTOR

A LITTLE MORE THAN A YEAR AFTER coming to New Hampshire, my family and I finally moved into our new home. For six months we had lived in the rental house in Connecticut and for another seven in a rental farmhouse near our building site. Our experiences in the two places differed quite dramatically: the first a time of introspection, of consolidation, and of meeting Mentor; and the second a time of expansion, of building, and of sharing the winter's learning.

The men who moved us arrived early in the day to unload our belongings, which had been in storage for thirteen months. It felt

strange to see our many possessions again; we had become used to living sparsely. The boxes filled the house until it was nearly bursting, and still the movers brought in more. Our family's moving-in celebration lasted for weeks, as we enjoyed the rearranging of all our familiar things. I realized how accustomed I had become to the more casual and spontaneous lifestyle we had been living and how completely I had released the myth that I needed furnishings, rather than just people, to make a home. But now I seemed content to be in one place and to call it home. The long days of working on the house had a pleasure of their own, but I was tired of change and of the long hours of physical work that precluded quality time with my family. It was time to settle into the next phase of my life, finding how I was to use this gift from the universe.

Now that my outer world of house and relationships had settled into a comfortable routine, the quality of my internal work became my central focus. Absorbing Mentor's teachings was an all-encompassing learning experience. Despite the relative simplicity of the messages, I found it required personal discipline to devote the time necessary to receive and record them, and it often took weeks or even months for the concepts embedded in them to find their way beyond mere surface acceptance into the fabric of my comprehension.

With great patience, Mentor opened my eyes to broader truths and areas of learning that I had previously considered the province of poets and philosophers. Slowly I began to understand, and the more I was able to integrate, the more committed I became to establishing fully my own connection to the universe and to learning how to share it with others. Mentor, like a true teacher, provided the basics that brought me to doorways of greater learning. While standing in these doorways, I found myself wanting to walk through into a world of questions that could expand my spiritual horizons.

As the spring of 1982 approached, Jim and I began attending meditations and joining with others in the celebration of spiritual occasions. I felt overwhelmed by the energy and commitment these people exhibited in seeking to expand their personal spiritual development. More than that, this time proved to be very dynamic, a time during which I evaluated how much my own life had changed.

Through the process of coming to know these new friends and local community members, I found myself relating to them in ways far different from the exchange of simple social amenities that had been the custom of our business and suburban worlds. I learned that the "social contract" between individuals whose major life focus is spirituality automatically contains a clause of openness and self-honesty.

In my former world of corporate social relationships, the level of personal interaction often revolved around our children, our homes, business ventures, travel, and gossip. Rarely did one leave one's personal boundaries unprotected. It was unacceptable. Openly discussing emotional or psychological matters failed to fit into the acceptable pattern of conversation and could be met with outright hostility. Oddly enough, while friends found it acceptable to discuss the fact that one might be in therapy, revealing "why" was highly unacceptable.

In those circles, projecting the right impression controlled the dynamics of human relationships. And the right impression meant appearing always to be in control of one's business, one's finances, and one's family. When I acted as a functioning member of this world, I saw these behavioral patterns as natural and appropriate. In fact, I not only accepted my role in this system, I enjoyed it. I can remember looking upon hippies and "women's libbers" of the social movements in the 1960s and 1970s as radical. How they planned to make any type of valuable contribution to society appeared beyond my comprehension. I admit to having felt unnerved at their tendency to freely express their emotions, especially anger; their sense of social frustration; their sensuality and their desire for fewer restrictions on human relationships—and indeed, even their desire for a personal spirituality. Had I then possessed the vocabulary I have now, I would easily have admitted to feeling threatened by their total disregard for traditional social standards.

And yet, here I was, years later, living in a rural community, finding myself attracted to those individuals scattered throughout the area whose very prerequisite for social interaction seemed to be the courage to relate to each other with total honesty, sensitivity,

and love, celebrating the vulnerable side of the human design. Only the hand of the universe could have rearranged my life in such a fashion that the social arena I had once feared became the very social arena in which I now lived. I recognized that I received support from individuals who longed to share their feelings with me and to accept Jim and me, not for what we owned but for who we were.

I can recall detaching myself from my world, as one sometimes does, and viewing it with that sense of wonderment, thinking, "When did all this change so dramatically, and what happened to that woman I used to be?" I looked at my new friends, the people I was growing to love, and realized suddenly that had this been 1966, these folks would have been the "different set," and I would surely have been considered one of them. I realized with even greater amazement that keeping pace with my changed behavior was Jim's and my desire to start a monthly meditation group in order to share the Mentor material. The way we handled that sharing highlighted what was to be for me the next intense personal challenge.

Exactly how does one casually share the teachings of a non-physical source of guidance? Precisely how does one establish credibility? That is to say, what is the appropriate criterion for earning respectability when the task at hand—the sharing of this information and its source—is more likely to attract severe criticism than it is social applause? In short, I once again felt frightened and overwhelmed. This time, however, I sensed strongly that, in a minor way, I had been through this experience before. Had I not redesigned my personal and social life as a result of my spiritual experiences? Certainly my entire world had been rearranged, and yet from the experience my internal spiritual view had only increased in strength and in trust.

On the other hand, one very real distinction remained between my private world and the outside community: no matter how extreme my experiences may have seemed to my family members, they tried to believe me. The reality of our society is, however, that others seek to discredit long before they grow to trust.

I suppose I would have felt even slightly more confident if I had strong academic credentials to my credit; for example, a Ph.D.

in psychology would have kept at least some critics at bay. But such was, and is, not the case. I had only the truth of my experience and Mentor's words committed to paper as my platform from which to speak. And I had learned that I, too, grew daily by personally experiencing the truth of his teachings. Mentor had said, "The Truth is, after all, the Truth." I needed nothing else. I started out hoping that he was right and learned that, indeed, he was.

People received our meditations warmly. Individuals from all over New England began to find their way to our home. It was gratifying, not in feeling that all of this response somehow supported the validity of my own spiritual reality, but in knowing it supported the idea that humans need to touch the power of their own spirits.

As I deepened the questions, Mentor deepened the responses. In keeping with this new intensity, Mentor began a fascinating series of discussions to help me understand the function of the physical brain and the mind in advancing human consciousness.

Humanity's Changing Consciousness

✧ *The brain and the mind are both essential components of your physicalness, but only the mind can carry you into the expanded inner space of wisdom that you seek. The brain is the ultimate computer of the physical body, the complex apparatus that maintains billions of incoming and outgoing messages, all of which are required to sustain the physical and psychological body.*

The physiology of the brain has gradually changed over thousands of years as humanity has increased its need for more sophisticated levels of learning, perception, and conscious activity. No longer are human beings primarily concerned with escape and survival; they are more capable of developing subtle forms of human interaction, dialogue, and creativity. The human being's brain is also changing so that the isthmus connecting the right and left brain hemispheres is widening primarily in men and continuing to expand in women.

To appreciate the wonders of your mind, which runs the cre-

ative energy of your life, let us first look to the end result of your mental activity, which is collectively known as consciousness.

What actually is consciousness? From a psychological point of view, consciousness means that you have the capacity to recognize your selfhood, to realize that you are different from others and possess individual autonomy. Consciousness is the ability to perceive and to know and to realize that you are perceiving and knowing. From a spiritual perspective, consciousness refers to the ability to act with concern, compassion, and love, to act on behalf of the greatest good for the entire group, family, or living unit. Isn't it interesting that the psychological definition is to know of your separateness while the spiritual definition is to honor your wholeness or inclusiveness in the group or community of life?

If we blend the two ways of considering consciousness, we come to the best scenario, which is your ability to recognize your personal sense of self with its boundaries and individual strength and skills while also sensing your relationship to the entire community of humans and living things. This increasing capacity to experience a psychological and spiritual consciousness is the core of the vast inner changes under way in your lives and for all living things on the Earth.

It is also very interesting that animals, plants, trees, and flowers have possessed and do possess the capacity to experience the whole or the needs of the group but were less able to benefit from the experience of their own individual life. This avenue of consciousness is what has in the past led many people to believe that animals were not conscious. Animals are thus coming to the opportunity of growth for the twenty-first century from a different vantage point, not better or worse, just different. Animals are learning individuation, while humans are learning concern for the whole. ✨

It was fascinating to realize we are changing not only in our perceptions but also in the actual physical structure of the brain. Mentor was certainly suggesting that we humans needed to recognize not only our own changes but those of other kingdoms of life. We clearly needed to realize we were different from rather than superior to other living things. How strange this thought

would be to so many people, who assume they have the right to take the life of animals, plants, and trees, and to destroy natural ecosystems, all without the least pang of conscience. I thought of so many ways all of us were thoughtless, whether or not we held a loving intention: the hunter who talks about the sport of the chase, the lab technician who assumes the animal doesn't experience pain or fear, the person buying fur or meat who chooses to look the other way and not think about the way animals are butchered or tortured to produce them. I was ready for Mentor to continue with his discussion of consciousness and the mind and the ways we actually perceive, think, learn, and integrate. This discussion seemed an essential link in my understanding of spiritual development.

The Conscious and Subconscious Minds

✧ *Consciousness as a psychological phenomenon deals both with the intellect and the emotions. Consciousness as a spiritual phenomenon considers the soul, as we've said. Let's combine these two streams of energy and find the blend that represents your ability to integrate thoughts, feelings, and perceptions: to know yourself and to know, in the same meaningful way, other living things.*

Within your overall consciousness you find three basic levels at which the mind experiences, verifies, and incorporates new ideas. First, the conscious mind is the field of attention of normal daily activity. Within this field of interaction and exchange, you experience the sensations from your five senses that fall within the perceivable levels of hearing, seeing, touching, tasting, and smelling. You also have a subconscious mind, which holds information not immediately useful or relevant to your daily activities, or is too painful or too garbled to be immediately helpful. In the subconscious you also hold the experiences from past lifetimes that hold unresolved feelings, injuries, and distresses, and activities that may periodically make themselves known to you. When you experience meeting someone you have an intense reaction to or the "deja vu" reaction of realizing you've said or done

something in the same way before, you're responding to stimulation of the subconscious.

The subconscious is often cast as the shadow self, but more accurately it is the unidentified self, and is thus composed of a vast storehouse of ideas, thoughts, and unformatted creativity. Meditation is a means of exploring the subconscious. Finding and using your own voice, expressing your own opinions, risking to find and use your life to new ends is always essential in uncovering positive aspects and abilities you never realized you had. ✨

The Superconscious Mind as Soul

✨ What role does the superconscious mind play, and what is its relationship with the soul? The superconscious and the soul are actually one and the same experience. I say experience because by the time your awareness reaches the superconscious or soul, you are no longer a single personality, or even the patchwork of potential, the extended "self" that is your subconscious; you have instead entered the world of self within the world of immortality—a box within a box, a shape within a shape, a soul within a personality/mind.

The superconscious is the opening beyond or past the subconscious where mind no longer functions to define and control your individual life but seeks rather to help you experience your oneness with everything. You often imagine that your soul's purpose is to help you better know God. This is part of the truth. The other part is that your soul helps you experience God as more than one stream of knowing, an individual stream of wisdom, but rather as the vastness of life in all forms that collectively comprise the Divine Source.

Your soul helps you appreciate God in the discovery of your own eternal nature as part of all life. Spirit is the energy of love that fills the soul, bringing to life the spiritual qualities you've chosen to work with in this lifetime.

Mind as consciousness never stops offering you this personal perspective, but through meditation you can learn to release this specific focus of self and enter the world of the supercon-

scious, the expanded consciousness that is soul. In meditation, the focus of yourself as the center of the universe begins to blur, and gradually the focus of personality and self-interest and even self-awareness gives way to the energy field of immortal knowing. Your consciousness and the subconscious self, which complete your present understanding, vibrate because they are energy and seek to help you better know your individual self. When you seek to move past this self-point to the eternal point, you must break out of the energy field of the conscious and subconscious, which together form this gravitational field holding you to personal awareness. When you are successful in quieting the mind and the imagery from the subconscious, you can break into a space that feels expansive and in which you have no personal identity. This place of soul offers you a “non-place” where you experience the energy of joy, love, and compassion, not as individual feelings but rather as a collective recognition of the life-force energy from which all things are made. This is the way you come to experience God and other life forms: you move your focus beyond your conscious and subconscious self to the clearing where you are free from a personal perspective. Why is it essential to be familiar with this place of the nonlocalized mind or self? Because this is the essence of self, your soul, that travels with you after you die. ✨

Using Your Spirit, the Energy of Love, as Your Point of Reference

I was familiar with the subtle struggle Mentor described because my husband and I found ourselves in the pull of the conscious and subconscious mind’s energy. I wondered in what ways we could help ourselves overcome this gravitation pull that hindered our moving into the space of our souls. I had inadvertently found the soul space Mentor spoke of, and this is the place from which Mentor and I began our relationship. But I wanted easier access to this soul space. I wanted the ability to reach at will beyond this barrier. I wondered if this would ever be possible.

Conscious Mind as Protector

✧ *In order to understand the means of expediting attention to and from the soul, let us look into the reason your mind is set up to function the way it functions now. Why is it so much easier to consider yourself from the perspective of yourself, or your ego and personality, than to consider yourself from the more impersonal perspective of your eternal soul? The answer is that you have very real physical needs that, if left unattended, would find you quickly without the physical body you now inhabit. The mental programming for the physical body needed in the past to be dominant. But what has happened to you is a slackening of the need for a physical approach to survival and the emergence of the need to love, feel compassion, forgive, and empathize with those in trouble as the spiritual means to ensure survival. I mean to suggest that all people are in need of gleaning higher-order or spiritual learning, and this comes from the soul and its spiritual energy drawn into their lives.*

The Earth has reached the place where physical survival no longer depends on defending one's own turf or meeting only one's own needs; it now depends on meeting the needs of the entire planet. With the population growth and the resource depletion, survival depends on working together, and so the ability to come together in love is the message of the inner space, or soul. The intention of each soul is the same, and collectively this intention is making its way into the mass consciousness. Peace, forgiveness, and learning happen in this way.

In desiring to experience the energy of your soul in meditation and to be able to call on Divine Love in times of need or as a blessing and appreciation for life, you will find it helpful to reassure your conscious mind that you are seeking to know another aspect of yourself and in no way are intending to jeopardize it or eliminate its essential functions to keep you alive. This simple dialogue may sound silly, but you've been programming your conscious mind to do your bidding all through your life, and it will not easily allow you to override this programming without a good reason that accounts also for your safety. The anguish and fear that you experienced, Agartha, pursuant to our dialogue is clear evidence of the extent to which the mental programming will reach in

order to sabotage movement out of the knowable conscious and subconscious space. Your rational self doesn't trust what it can't experience directly.

The conscious mind operates by sorting an incoming stimulus and filing it either in active mental files for easy recall or in the subconscious for later or different use. This sorting runs smoothly as long as the mind receives input at a rate compatible with its processing abilities. When a backup occurs because of an excessive input of questionable material, or because the normal mind processes are unable to function at a satisfactory level because of fatigue, stress, or illness, then the self-protective device known as "mental close-down" occurs. In severe cases, not only is all analytical thought suspended, but physical function may also be impaired. This condition is commonly called "mental breakdown." In such a case only the most basic of life-support systems continue to operate. One eats, sleeps, and walks around, but all creative thought requiring conclusion is suspended. The length of time until normality returns is dependent short-term upon the mind's catching up with the backlog but is dependent long-term upon modifying the existing program.

A less severe form of mental close-down is called "clicking out," a condition that may include symptoms of extreme lethargy, uncontrollable daydreaming, inability to sleep or need for unusual amounts of sleep, inability to concentrate, tenseness, irritability, or a sense that one is drifting out of control. Interestingly, this phenomenon of "clicking out" affects most people on a daily basis. When you take on too much change too quickly, your mind tells you to wait, and you find yourself "clicked out" or unable to even think about the problem or situation to any degree. This clicked-out stage lasts until the conscious mind catches up and adjusts accordingly.

If the "clicking out" is not severe, then the mind is effectively fulfilling its purpose of shielding the person from overload and waiting for instructions to proceed without hurting the body and emotions. If, however, the "clicking out" increases to abnormal proportions, and one spends more time "out" than "in," then the mind is refusing to alter the existing program to meet the obvious new level

of need. Answering the question of what and how the mind will and will not accept new pieces of information is the basis upon which the study of psychiatry is built. ✨

Mentor raised so many questions that I needed to wade into these thoughts carefully, so that I would not myself experience "click-out." I wanted to examine what he was talking about. Two ideas seemed important: first, how do we release stored information and creativity from our subconscious mind to help us live more fully and productively? Second, was there a way to find the energy of soul more easily? Mentor had clearly suggested that evolution was helping us by making it easier to find the higher-order qualities we could use. I imagined a membrane separating the energy fields of the conscious and subconscious energy from the energy field of the soul. Was this imaginary membrane becoming thinner, and, if so, how could we help ourselves experience this change?

Reprogramming the Conscious Mind from the Subconscious Level

✨ *If these "click-out" conditions exist when the conscious mind is at a loss as to how to integrate new data, then one might wonder how new information is ever introduced into the existing program.*

The mind is the creative part of being, but its components are nonetheless tools that are or should be directed by spiritual awareness. Through not knowing to ask, or how to ask, the mind for a change in programming, one allows life to be directed by the unexamined program that has been put together haphazardly over many years and may in no way reflect current circumstance or belief structure.

Talk to your conscious mind. Reassure it that you are in no way depriving your body or emotions of what they need and that you seek greater understanding in order to become happier and more satisfied with your life. If you are suffering from a physical or emotional malady, try asking your conscious mind to relax and allow the subconscious to bring forth skills, gifts, abilities, and understanding to help you better meet your present needs. You

might say, for instance, “Mind, I want to become familiar with ways to heal my body from cancer. Allow all understanding and past experience that can show me the people, places, opportunities, and ideas, concerning such healing to become clear to me.” This is the way that circumstances seem to find you with minimal effort on your part. If you are struggling to get your needs met, then you are not asking but only taking what comes along.

The conscious mind, as a tool, works in a straightforward fashion, responding only to what is actively sought. To be subtle or hint at something to the conscious mind is ineffective. Asking for what you need is not in any way presumptuous. After a question is asked, reprogramming begins immediately, and within several days answers and more questions speaking directly to the problem are mysteriously at one’s disposal.

It is necessary only to address the mind, asking that appropriate material be released from the suspended state of the subconscious and allowed to become part of the conscious mind. If one asks for only general improvement, then there will be no specifics; but if specifics are sought, then specifics will be produced. ✨

Passive or Random Reprogramming of the Conscious Mind

✨ There is another, more gradual way for conscious-level programs to be updated if one chooses not to ask but to just let life happen. This approach involves the conscious mind’s occasional acceptance of marginal data. In such a case the conscious mind, in its random cataloging, will sometimes integrate information that is borderline in acceptability. A new idea may be accepted because of a tenuous connection to something already within the existing program. Since like thoughts tend to attract each other, there then exists the possibility that a second idea, related in some way to the first, may eventually become attached, and gradually, one block at a time, understanding is developed.

The conscious mind of a person interested and knowledgeable in geology might, for example, be allowed at the conscious

level to integrate material on the mystical powers of crystals through the link of crystalline structure. Or because of the temperamental nature of the mind, the information could just as easily be rejected—meaning that person would find every reason in the world to disbelieve the new ideas.

The decision for acceptance or rejection of borderline material is made without the individual's conscious knowledge and would thus become accessible only if the data were assimilated; otherwise, input recedes into the subconscious. Allowing this to happen is taking quite a chance with information that could be of great value and might be intensely needed in your physical day-to-day life.

It is, of course, easy to see that the fallacy in this approach is the randomness with which data is accepted or rejected. Awareness becomes reduced to nothing more than a haphazard approach to spiritual growth. This makes for a discouragingly slow process.

The important thing to remember is that the mind is a worker for the good of the whole body, and it must be told what it is expected to do, including what it is expected to filter and what it is expected not to filter. Few people seeking the path to awareness will wish to waste time with the method of building new mental programming only through the random alignment of occasional thoughts. Instead, most will choose to tap the mind's input in order to demonstrate tangible results. ✨

The process of reviewing my teacher's explicit yet profound explanation of the mind's workings began to validate the many months during which I had struggled with integrating the meaning of the writings. I had convinced myself that I must grow into the sharing of Mentor's messages with others, but I had great difficulty overcoming the many reasons for this struggle. My fears were obviously coming up from my mind to protect the mental programming already in place. No wonder other people were often overwhelmed with their own deluge of questions and "yes-buts." If I'd had so much trouble accepting Mentor's dialogue even when I'd had the actual experience, it seemed clear that I'd need to go slowly with

others. It was becoming clear that I need to openly and directly ask my own conscious mind to allow me to create a framework within which these new ideas could fit. I surely had no other conscious connections that would allow the contents of these messages to otherwise ever find a home in my mind. Even Mentor once admonished:

✧ *Agartha, you must not be in such a hurry to put the lessons away. The material is meant for your learning. If you do not carefully read and re-read the material, then our communication serves no purpose, for you have not learned the means to accept what you need.* ✧

Finding Enlightenment: Overcoming Separation from Soul

In finding the pathway to understanding my own "I am," the space of soul and Divine Love gradually became the main object of my desire. Convinced that I could actively seek answers, I asked my conscious mind to allow me to find a way of experiencing my own special connection to the universe through crossing the membrane, learning to relax the membrane that kept me from this joyous place of knowing and accepting. Mentor provided this most beautiful guidance to assist my quest:

✧ *You wish to know more of and to experience the path of ultimate understanding, Agartha. Where and what is enlightenment? The physical reality is your home for the moment, but an enlightened perspective requires you to believe a different reality, one that embraces the physical level of living but is not limited to it. Your conscious mind can assimilate new levels of wisdom far removed from any actual experience or intellectual reference point. Enlightenment enters your heart as you apply love to every relationship and pour it into every circumstance.*

Relax confining mental and emotional constructs that hold you as separate or less deserving than you are, for you are of the Divine essence. Focus your inner eye to observe what is invisible to your physical eyes, train your inner ear to listen to what is inaudible to your physical ears. Become the interpreter of the wisdom spoken

from your own heart. Enlightenment is accepting love as the essence of the Divine Source, and the Divine Source is the purpose, passion, and fully actualized presence in your life.

Expect your conscious mind to receive and interpret the open-ended wisdom from your teachers and the many divine sources you have access to. In believing in perfection you mark your path through the woods of your greatest fear and discontent to walk a more obvious path, a yellow brick road, of greater knowing. You'll find you can know more about yourself and the challenges you face in ways that are based not in the rational but in the quantum leap you can take to an entirely different perspective. ✨

Perceiving in Perfection

✨ Enlightenment is a process using perception based on clear and perfect vision of the perfection of all things. When you accept a perfect plan, a perfect way of knowing, a perfect outcome, a perfect solution, then you are crossing every barrier that prevents you from feeling intense love and joy for yourself and others.

You resist accepting that you are essentially perfect because you focus on the parts of your life, the physical and emotional parts, that are, in truth, anything but perfect. Every time you focus on the perfection of what is hidden but can emerge to show you the ultimate possibilities in every situation, you move into your "soul space."

In your meditation focus on what is perfect, what is joyful, who and what you love unconditionally. In doing so you create an energy that attracts to itself more love without judgment or criticism of yourself or others. You'll cease coloring your life with the expectation of the rational or logical and instead begin to paint your life with an unlimited belief in love and goodness. Meditation can be a serious frustration if you are trying to get to a place of understanding by mentally worrying your way to a solution. Stop worrying and let the Divine work through you. The solutions you seek come from your soul as psychic energy "blips" or pictures that you then interpret and develop.

Working with your spiritual energy is more inductive than

deductive, meaning you work from the specific or the piece you already know to the general or overall picture you hope to create. The universe treats every opportunity not as a goal to be reached but as a process of learning in order to grow into and through a lifetime of experiences.

The acceptance of the perfection of all things is the key to knowing God and experiencing impersonal and personal love. It is not enough to hope that one day you will be transformed. You will find it more productive to consider transformation happening within you right now, as slowly yet as surely as water contours granite.

You become the person you accept and expect yourself to be. You live up to but never beyond the boundaries you place on yourself and your life.

The world that surrounds you is many times removed from the reality of perfection. But do not be seduced into believing that this imperfection is inevitable or by design. What you think you see or know is what your mind can prove or conclude as a sole result of the experiences you've lived and the knowledge you've acquired. What about the experiences that you've had between individual lifetimes in which you've known perfection, seen and experienced the scope of eternity? This wisdom still lives in your soul, and you can come to know it by practicing perfection until it becomes your normal way of experiencing all things. ✨

I decided to try Mentor's exercise of practicing perfection. Believing that life was different from what it appeared to be was an enormous challenge. When I was listening to Mentor I believed life could be perfect because his loving presence so filled me with belief. But as soon as I lost the glow of his energy and his words began to fade, my old, more cynical perspective reappeared. I found the greatest struggle in remembering to practice "seeing in perfection" rather than in just accepting that my spiritual life was as fractured and disjointed as was my daily life.

Mentor encouraged me to believe in what I couldn't logically explain but what I could experience when I was working with him.

Mentor's mention of knowing God in the times between individual lifetimes made me wonder what these times might be like, and what did we really experience?

✧ *Before we speak of a person's opportunity to experience the God Source between lifetimes, we should perhaps begin with an understanding of the many simultaneous lifetimes that you live. We'll then look more specifically at the typical cycle, the changes in consciousness, that occur when you die and move into other states of spirit: namely, the observational mode and then the expanded self or oversoul.* ✧

Simultaneous Lives and Sequential Blocks of Simultaneous Lives

✧ *You are more than one personality in one time period. You are actually many personalities living in various time periods and in various ways. And you are living these varied Earth-School experiences simultaneously. When you step into your subconscious mind, you have the memory of past-life experiences, only these are not past-life but present-life. Your subconscious mind holds the memory of living experiences, manifested experiences, while your soul knows the wisdom of those periods when you are purely spirit between individual physical lifetimes. Let me explain this concept of simultaneous lifetimes more completely.*

If you consider your present life, realize that your present lifetime is one mark, one dot, on many interconnected circles. These many circles are all aspects of your collective soul, your expanded self or oversoul. Each dot on each circle is a version of "you" experiencing different choices in different physical circumstances.

Some of these physical living environments may be on Earth; some may be on other planets in other solar systems. You've chosen this present life as part of a package, the series of circles, that taken together move you further into God-realization.

The dots, individual lifetimes, on each circle and the set of circles you're presently working with form one block. This block

of lifetimes is experienced simultaneously. Each block is, however, actually progressive in intensity and learning.

You can discover your various living experiences in your present block of lives, the circles that comprise this block, by sensing those cultures, time periods, and geographic locations that you feel emotional and spiritually drawn to know. Consider that all these feelings show you the actual connections you are experiencing right now.

In order for you to accept that blocks of lives are lived simultaneously, you need to realize that the concept of time is not as you know it. Consider a dream that may feel as if it took place over many hours when in actuality it lasted forty-five seconds. This is to show you that the concept of time is itself relative; it is valid only when the entire context is considered. Lifetimes happen like the forty-five-second dream, although when you are living them they feel as if they are lasting all night, or for many slowly passing years.

Time is the way you measure changes and progression on Earth. But time isn't a universal measurement, it is only an Earth-School measurement. When you move beyond your Earth even to consider travel to other planets, time obviously loses importance. In what way could a person travel to a planet millions of light-years away if limited by living eighty years? Interplanetary travel is possible not because you live longer but because you change your way of perceiving it.

To better understand ways to consider life happening simultaneously, imagine that you plant a squash seed. You water the seed and it grows into a plant, which produces squash. You harvest the squash and enjoy it for dinner. You've accepted that time is required to grow the squash from the seed to your dinner. What if you accepted and learned to perfect the spiritual understanding of "perceiving in perfection" and applied it to growing produce. You would be able to have the seed and the fully developed squash and your enjoyment of eating it all at one time, all in the moment. Each part of the growing cycle offers you a learning experience, but each does not need to follow the other sequentially in order for you to end up eating the squash for dinner. The seed contains the plant, which contains the produce, which con-

tains the harvest and your eating it. It is all one process, one wholeness. By accepting that the total opportunity and experience is contained within you, within your knowing, you can look at the seed and taste the squash. ✨

Mentor was suggesting nothing short of total rethinking and re-experiencing of one of the basic measurements of our physical reality. Yet I could imagine that if I extended his "perceive in perfection" into this new process of creating in perfection, it made sense that in some way I could experience the seed and enjoy the squash in the same way. Obviously, we were all a long way from this advanced spiritual perception. It was, however, very enlightening and impressive to touch a concept that I felt would eventually lead humanity toward greater understanding.

I wanted Mentor to resume his discussion of dreams and the way in which they were more than dreams but were actual simultaneous lifetimes.

✨ *In dreams you have the opportunity to enter your other simultaneous lifetime experiences. You may think you are dreaming about having a child in Bulgaria, for instance; then you wake up and think it was only a dream. It was certainly a dream, but you may have been dreaming a real-life experience in which you are a player. You may have entered another lifetime experience, another energy time-line experience, meant to help you learn and to share your learning with the "you," the spiritual essence of other experiences.*

Have you ever gone to sleep with a question and awakened with the answer, an answer you discovered through the acting out of some scene or real-life situation? Consider that your essence, living in another physical body and perhaps reality, offered you the piece you most needed. This interaction of spiritual energy within blocks of simultaneous lifetimes suggests that you are living the same spiritual opportunities in many frameworks, so you are learning in a most comprehensive way.

You learn best when given a variety of experiences and emo-

tional and spiritual stimuli, all of which help you see the total picture. Learning in this holistic fashion helps you grow your spiritual energy of love in the most productive ways. ✨

This information on simultaneous and sequential lifetimes was a set of far-reaching pieces of information that I recognized would require much thought and meditation in order to really understand its implications in my life. In thinking about my own dots on my own life cycles, I considered, for instance, my attraction to Asian cultures and the peoples of the Far East. Jim and I adopted a child from Korea because I felt such an affinity for this part of the world. As an artist and potter I'd also been inspired by the simplicity of the lines and colors typical of Japanese and Korean painting and pottery. Did my attractions to the Eastern artistic approach mean something? Had I or was I living many lives in these cultures? It would seem the answer was "yes." Mentor was also suggesting that I was influenced through my dreams and in this way was learning from lifetimes, maybe lifetimes as a Tibetan lama, that I was presently living.

As for experiences in dreams, I often had dreams in which I was struggling, trying to get somewhere, fix or discover something. While a Jungian psychologist might consider these signs of qualities trying to emerge from within my own psyche, I was intrigued by Mentor's suggestion that these were really genuine experiences happening at the same time in other lifetimes. Each experience was helping me grow spiritually by allowing me to experience the holistic picture of many lifetimes together.

I was continually amazed at the scope of Mentor's knowledge and the ease and clarity with which these thoughts flowed into my mind and onto the pages of my writing. I reasoned that if this dialogue were real—and I was convinced that it was—then it seemed possible to follow Mentor's lead into these more difficult-to-grasp spiritual concepts. I realized that I was quickly reaching the click-out stage myself but needed one more important piece of information before I could let the subject rest. I wanted Mentor to continue with his discussion of the changes in consciousness that we experience after we die.

Functional and Observational Learning: Completing the Process from Life to Death to Life

✧ What happens when you die? Your physical body ceases to function. Your emotional self also ceases to function, as does your mind, with the exception of the superconscious, or soul. The soul is the aspect of Divine Love that is your beacon, helping you find and embrace impersonal love, the expanded understanding of perfection and immortality. When you die you move beyond linear time; you have entered a stream of wisdom that connects you directly with God and your angelic teachers, the sources of Divine Love.

When you die, you move slowly from a physical reality to a reality based on observation of “love in use” on the Earth and in the lives of those people you’ve left. From this point of observing life, you move eventually to the spiritual space of the expanded self, or oversoul.

These stages of change from the physical to observational to the expanded self are designed to help each soul complete the understanding and growth arising from every individual lifetime. To validate for yourself that the changes taking place at death are a change in consciousness rather than a termination of consciousness, reflect on the fact that every bona fide universal truth is observable in your own life cycles and within nature. Your waking and sleeping cycle is the same as your dying and waking to a new spiritual reality. This shift in the state of consciousness can be observed in your daily spiritual journey, too, and even in meditations in which you seek to move from the physical to the less clearly defined but more lasting spiritual environment.

To become spiritually adept means to become a careful observer of life and the living processes. You are not asked to believe what is without basis but rather to rediscover the basis of all lasting life processes.

Why do you have this urge to discover what lies beyond the veil? Because you’ve experienced the process over and over again, and you intuitively seek to again unite with the God Source through your own expanded self.

Let us now look more closely at the functional and observational means of learning that you experience with each physical lifetime.

A person learns from life first through experiencing it and functioning within it: I'll call this functional learning. A person then dies and observes those who are still living. I'll call this observational learning. Both the functional and observational learning modes prepare the soul to move on to the oversoul or expanded self. The functional and observational modes of learning ensure that the appropriate learning has taken place in each lifetime, even though the Earth-School experience is unpredictable and the functional mode of living is often cut short or changed drastically.

You wonder how you are able to experience those you've left behind on the Earth if you have no brain, mind, or intellect. In answering this question let me point you to the reality that once you are no longer physical, you need not possess this apparatus. The physical apparatus is appropriate for your five-senses reality, but, in the observational mode your spiritual energy experiences the flows of energy as a perceptual process. In the observational mode, although you lack a physical body, you are still perceptually connected to the people you've loved before you surrendered your life. You thus are observing the flows of energy of love. Imagine that every loving thought and feeling, every kind action, every compassionate intention and outreach are vibrant fuchsia. Continue by imagining that all other Earth-School colors are monochromatic, one-toned. In the observational mode, you are monitoring the fuchsia and are drawn to experiencing this essence of love as union with those you love. When a person tells you that he or she will try to contact you after death, realize that in every way you love the person and continue to use love after that person's death, so he or she will find you and follow your life, your spiritual growth, and the activities of your life. The person who has died is, however, no longer interested in the events and crises that do not enhance love. If you stop loving, if you become embittered and sad, then the person you most want to reach will be unable to experience your life. ✨

I found great comfort in Mentor's suggestion that even when we are dead and seemingly beyond the reach of those we've left behind, we continue to know them by their loving deeds and actions. This is surely a motivation to look at love and death differently. Mentor continued to talk of love and its energy as the essence and basis of everything, and he never missed an opportunity to draw me back to this understanding. I only hoped that one day I could feel love in a similar way as he does.

I knew Mentor would continue to explore with me these extraordinary changes in consciousness after dying. I could hardly believe that these dialogues were taking place, since they were so vast in scope and all-encompassing.

The Experience of the Expanded Self

✧ *Like a giant lake of energy, your individual soul essence, after leaving the observational mode of learning, re-emerges with your own unique oversoul or expanded self.*

Each time you die you move through the observational level into the expanded self. Sometimes you stay in the observational level a long time and sometimes you stay only briefly. Sometimes you stay in your expanded self a long time and sometimes not. These choices are governed entirely by your own spiritual process.

What does the experience of this lake of energy feel like when you rejoin it after a lifetime? Imagine that you are swimming underwater in a lake. You "know" you are moving, but you experience being without any physical or emotional boundary. The water is an extension of your "knowing." You experience your individuality simultaneously with your presence as an aspect of the entire lake, or the spiritual expanded self.

This experience is very comforting and very powerful. In this way you come home to merge your learning with the other learning from other lifetimes and other aspects of your spiritual energy, which come and go into and from other lifetimes. Of all the experiences that are reflected in your physical lifetime, it is this overriding desire to be one with God and your total self that is

the strongest. This is the urge that causes you to bond with a partner and also fractures you when you feel abandoned. You are, of course, desirous of simulating your bonding with your other aspects of spiritual energy in your expanded self. The feelings of loss in relationships trigger the unquenchable grief you would feel if separated from your spiritual essence. ✨

Mentor had woven so much into his comments that I needed time to study his explanations of the “functional, observational modes of learning and the expanded self,” which he described as the total experience of each lifetime. He continued by addressing two questions that I’d long pondered to no avail: What possible learning can take place through tragic and seemingly unnecessary loss, and why does God allow bad things to happen to good people?

Experiences of losing a child or other family member cause us to feel that no loving God could ever allow such misery to prevail. How could a baby who is born into a family that is starving, and who herself dies at three months of age, possibly be learning anything positive? The loss seems pointless. What about a man walking home from work one evening who stops to pick up a paper from a newsstand and is hit and killed by a drunk driver? What learning is possible here for the man or his family? While I was sure Mentor would have an answer, this question—the unfairness of it all—had for many years burned in my heart. Spirituality often seemed an excuse for what we couldn’t explain. When something wonderful happened, we tended to proclaim God as the cause, but when something tragic happened we called it a learning experience. Where was God in these learning experiences? I recognized that this was a crucial understanding for me and would no doubt help me find a hand-hold on this slippery issue of perceiving in perfection when anything but perfection seemed to be the fact of life.

Learning Takes Place in Spite of Tragedy Perpetuated on Earth School

✧ A person lives and dies in relationship to both the spiritual issues he or she has chosen to explore in a block of simultaneous lifetimes and the physical influences from the living environment in which he or she incarnated. In asking your question you're assuming that dying is a bad or unnatural thing, even when it happens out of normal sequence. Only in the state of death do you return to some level of spiritual clarity, discovering again the value that living in a physical lifetime has had for you.

The physical environment you create is the one that ultimately has the influence over whether you live and when you die. While you are choosing to live out certain issues, rarely does this include dying in any specific way or at a certain age. The time for death comes as a consequence of the physical environment, while at the same time you learn the most from the experience of dying, whenever and wherever this occurs.

When it becomes your turn to die, for whatever reason, you are forced to confront this enormous issue, which seems to suggest a loss of self. Feeling confident at this time isn't a matter of whether you've lived a certain period of time; it is instead a matter of the growth of your soul. You might ask whether a person dies before his or her intended work is accomplished on the Earth. And I'd tell you that sometimes this does happen, but that is because of the simultaneous nature of your lives, nothing is lost. The skill and courage to die well and with intention lies within each person, since each person, no matter his or her age, has a full-sized soul guiding life and living and dying. Sometimes your soul is unable to keep you out of harm's way because you are not listening. And even if you are listening, you are affected by your environment. And you are supposed to be affected by your environment in order to help improve it. Why else would you be subject to the physical environment of Earth School?

God doesn't design bad things to happen, but loss is one way through which spiritual learning does occur. Because of the very "unfairness of death," one is forced to find some other means of qualifying "fair" and "truth."

In your hypothetical case of the death of the young child, since the child had inadequate food to live, learning was obviously more significant in the observational mode than the physical mode. The child had chosen certain issues to pursue in Earth School, but the fact that she was born into a part of the world or a family where food was inadequate was orchestrated not from the universe but from the Earth School. Her spirit made use of the learning from dying even though she could have used other means to learn what she'd chosen to learn.

If you want to eliminate pain in dying and the diseases that take life, then eliminate what is creating these things. If you want to eliminate starvation, then eliminate the cause. If you want to eliminate the hit-and-run accident, then eliminate the problem at its source. What is the source of all of these traumas? All of these come from a lack of spiritual accountability at the collective or whole-group level. You might say that all the people on Earth School are influenced by the positive and negative intentions, thoughts, and actions of everyone. Living on Earth School is like being part of a team: every player has a part toward winning or losing, and every game depends on the cooperative efforts of everyone.

The first step in changing the collective is in altering the specific. And this you are seeking to do by seeking spiritual answers to the problems facing your physical self and environment. As you change you become more interested in helping others change and better able to facilitate these changes, as well as seeking change in the levels of pain and suffering in the world. Pain and suffering are not required for spiritual growth, although they can produce profound spiritual change. ✨

I had no idea what a tidal wave of new concepts I had invited with my basic question, "Where is enlightenment?" The quantity of new thinking was astounding: "perceiving in perfection," "simultaneous lifetimes," "functional and observational learning," and "the expanded self." These concepts were basic to my being able to understand Mentor's perspective of a spiritual reality strikingly different from the one I'd lived. It never occurred to me

that Mentor was telling anything but the truth. His teachings were always simple but deeply satisfying on an inner level. With no basis for doubting him, I accepted his words once again because of their resonance in my soul, their feeling "right."

For now, it was enough to ponder these words and let their meaning filter into my thinking. Mentor's teachings were quite sufficient for my overstretched perceptual system at the moment. It was, however, with a deeper sense of resolve that I came to Mentor seeking specific steps I could follow to experience the subtleties of the different levels of consciousness.

✧ *Agartha, we have spoken of perfection and of self-realization through understanding that suggests life is a "play." The player of life has but one view, which limits him or her without the perspective of enlightenment. With enlightenment, the player can see himself or herself as linked to many realities and know his or her spirit for the perfect energy of love that it is.*

You are now aware of expanded self and the way one can experience learning with or without a physical body, and we have discussed "love as the substance that ties all together." Enlightenment is the magical mosaic process through which individual thoughts are cemented together with the essence of love.

Strangely, once obtained, enlightenment seems very natural. Enlightenment is not a foreign state but the most comforting and involving. Enlightenment is humanity's birthright, since alignment with the Creator is The Way. The synthesis of all that I've said about enlightenment might be encapsulated in the following story.

A young woman who met an enlightened stranger went every day to hear this teacher, and the more she heard the stranger's words, the more she was convinced that his was the path to ultimate happiness. She longed to know the mystery, the secrets that would bring her instantly into the same state of God awareness that he possessed. One day she finally worked up enough courage to ask the enlightened teacher to show her The Way. The teacher wrote three instructions on a piece of paper and handed it to her. He told her that these directives would, if followed, produce enlightenment. With great joy she unfolded the paper but was dis-

mayed when she read what he had written. Instead of receiving an easy task to perform, she was given a much more difficult way of being and perceiving life. The words read:

Love all that you see.

Live all that you feel.

Know all that you possess.

To know all that you possess, you need to still the mental dialogue and listen to your soul. This practice is called meditation. It involves deepening one's attention from the conscious mind through the subconscious to the perceptions of the soul.

Let me suggest some specific meditations to facilitate deepening and enhancing your experiences in meditation. Most people have trouble meditating because their "minds will not be quiet." The conscious mind finds it difficult to be silent and acquiescent, since it's busy being productive and organizing your life in its own way. Let me suggest some specific meditations that can help you work with, around, and through the dialogue of the conscious mind to find more satisfying inner quiet spaces of peace, joy, and God-realization.

Concentrating on your breathing is always an effective preamble to any meditation, since it allows you to focus on your body's natural rhythms, which are, of course, the connection to all the rhythms of nature and the Divine. It is unwise to see meditation as the means of accomplishing connecting with the Divine. Practice without expectation, and you will get what you need as you need it to fulfill the role of awakening your spirit, all in the right time.

Meditation is meant to be relaxing and a means of quieting the mind, giving it a much needed vacation. When you go to sleep you relax your physical body, but your mind is engaged around the clock. Meditation is the only way to relax your mind and your brain and is important to your overall wellness and sense of inner peace.

Different types of meditation appeal to different people, and the length of meditation is a personal preference as well. Start with a short period of meditation rather than trying to meditate for a long period and having it all fall away. Even starting with a two- to three-minute meditation is fine and lays the solid footing

for future practice that may extend to a half-hour or longer. Here are several meditations to try. ✨

MEDITATION EXERCISE NO. 1

COLORS FOR YOUR HEALING AND INSIGHT

✨ Sit with your back straight and your legs folded or crossed in a comfortable position. Sit on the floor on a pillow or in a chair. Close your eyes and focus your attention on the center of the inside of your forehead, or create an imagined circle in front of you at eye level. You will notice that if you are peaceful and wait, several colors appear. These colors are significant and represent those shades that can help you change and heal and are offered by your own body wisdom for you to use. You might wear this color over the next week, or paint your room this color, or draw or paint in this color.

Allow this color, or whatever combination of colors appear to you, to move slowly in a clockwise motion. Imagine this image to be inside your entire body, within your mind/brain, or in the circle you've created in front of you.

Allow the movement of color to lull your mental dialogue so that, as with a chant or mantra, you will sink deeper into the essence of yourself. ✨

MEDITATION EXERCISE NO. 2

EXPERIENCING YOUR SPIRIT AND THE HEART OF THE EARTH

✨ Sit in a chair or on a cushion on the floor, either inside your home or outside in nature, and focus your attention on the ground in front of you. Instead of closing your eyes completely, allow them to remain partly open. Breathe gently and watch the rhythm you are creating with your breath. Allow the space in front of you to be like a mirror reflecting back to you the jumble of thoughts that flow continually through your mind. Quietly watch your thoughts, coming back always to the motion of the breath and the basic nature of your

spirit. The Earth is your connection to other people and to all living things. Imagine that the space you are watching gradually opens up, showing the many layers that gradually take you toward the heart of the planet. Contemplate the heart of the planet and your connection with your own heart, the place of spiritual presence. ✨

MEDITATION EXERCISE NO. 3

THE POSITIVE NATURE OF CHANGE

✨ Sit on a cushion on the floor or in a chair. Close your eyes and focus on your breath and the steady rhythm you create. While remaining still, slowly raise your chin so your face is tilted upward. Imagine the warmth of the sun on your face. The sun is the energy of healing through Divine Love. Now imagine that you are feeling soft raindrops splashing down over your face. Water is the energy of transformation and positive change. Now lower your chin so once again you are sitting with the crown of your head tipped slightly forward and your back straight. Reflect on the feelings that you felt with the sun and the rain, recognizing that both play an essential part in your life on the Earth. Breathe into sadness and loss, into healing and love, and into the continual change that moves with you through life.

These meditations, Agarthā, carry you from the conscious mind into and through the subconscious to the place of true meaning and insight. Your soul is filled with the energy of spirit, of love, and this is your beacon home. ✨

“Home”! Closing my eyes I let my mind create images of the dark blue heavens, of other sparkling realities, of my expanded self, and of God. While I realized we would all have an opportunity to know this home, I wondered what it would feel like to be in the expanded self and with no body.

I began pondering once again the reasons for my feelings of aloneness. What caused the isolation that seemed so much a part of our lives in Earth School? Could it be fear of change, fear of standing still, fear of failure, fear of success, fear of knowing, fear of not knowing, fear of

death, fear of life—and all of these fears being due to misperceptions of the true nature of life and love? I looked for a way to understand the purpose of existence as it appeared to my limited view. The only resolution I could see was to try the meditations Mentor suggested, since spiritual understanding would surely come only with time and practice.

Meditation, after all, had led me to Mentor, and now Mentor was saying that meditation was the path to enlightenment. If meditation could produce the miracle of Mentor, then it was equally likely that it was my pathway “home.” The meditations were useful to quiet my mind and put me back in touch with my deeper consciousness and with the issues that were “real.” I found it easy to drift off into the meditations I had been given to practice, and I often shared them with others. Frequently, people asked for shorter meditations to help them feel connected when they had too little time for lengthy meditations. Mentor, as usual, accommodated with new meditations requiring less time and concentration:

✧ *I have suggested meditation practices in which you will succeed when you are prepared for an extended period of quiet. This is another approach that can be used throughout the day whether you are in a busy office, a quiet studio, chasing small children, or planning your dinner. It is known as momentary meditation. Momentary meditation provides a regeneration of creative flow. It allows you to reach deeper than your own energy to touch your higher-self connection. Increased effectiveness and efficiency on the physical level, as well as emotional refocusing, are the result. You can enjoy momentary meditation as often as you need it, and because it takes only a few moments, it can fit into any schedule.*

When you are ready to try momentary meditation, stop whatever you are doing and close your eyes—or, if this is impossible, gaze at a solid object. Say to yourself, as you visualize energy flowing through your body from head to feet, flowing out through your feet:

There is purpose to my existence.

I live, I love,

I work, I die to fear,

I am refreshed and begin each moment anew.

A different kind of meditation involves meditating into sleep. This type of meditation is different from the lengthy meditation and even the momentary meditation, for the last two seek to help you touch your soul energy while meditating into sleep, by contrast, puts you in touch with your own bodily energies so that healing and true relaxation can occur.

In meditation into sleep, you are striving to see and feel a sense of tranquillity and to realize, as you seek to fall asleep, that your body and mind are working together in a productive way according to your soul's intended purpose. As you are falling asleep, picture your favorite scene: the ocean, the mountains, whatever immediately presents itself as a place of rejuvenation and peace. Experience the scene, either by remembering how it felt the last time you were in such a place (running your fingers through the sand, or crunching through the snow as you walk) or by imagining how it would feel if you were there. See yourself as calm, tranquil, and fulfilled. All worry has fallen from you, and you are totally unencumbered. Feel the confidence of being peaceful and knowing that you are living on purpose, even if disquieting aspects to your life remain. This positive image is important to present to the conscious mind, even if you do not really feel in control of your life, because your mind is responsible for restoring the physical body's balance and health.

Although your body is filled continually with energy, this energy becomes blocked, diminished, and detoured in your body by the experiences of the day. When you go to sleep in a state of consternation and confusion, the energy is not allowed to move to those areas that require regeneration, and you awaken in the same state of mind that you went to sleep in. And so take advantage of the period of entering sleep and ease your way into the night's experiences and discoveries by meditating into sleep. ✨

As I worked with Mentor's meditations, I had journeys of intense awareness and others of seemingly minimal advancement. I have stopped trying to categorize each meditation in terms of actual progress, feeling that it is pleasure enough to take quality time with-

in each day to free one's thoughts from Earth School preoccupations by adding a level of gentleness to one's life. A quiet period of non-expectation rounds out the rough edges, leaving one with a renewed calm and sense of purpose. Perhaps this is my progress toward enlightenment, this ability to see my life in its ultimate perfection as one link toward the magnificent whole.

Enlightenment is its own paradox. Focusing on the process makes one spiritually self-conscious, wondering if each action contributes to or detracts from one's own evolvment. And yet, by its very design, enlightenment transcends the thinking process and simply becomes the total life-force experience. No thinking is required; one moves beyond the analysis of one's actions and becomes one with All That Is. Thus is the truth revealed in the Zen koan:

"Before enlightenment I chopped wood and carried water.

After enlightenment I chopped wood and carried water."

In helping me summarize this chapter, Mentor confirmed for me the enigmatic nature of enlightenment as a process as well as a conclusion:

✧ *Do you have a better sense, Agartha, of where the path lies for enlightenment and how to reach it? You have seen how your mind, with all its delicate balances, responds to your wishes. You have learned how to ask for what you want, to release the locked-in answers that are yours by right.*

Your path of existence weaves on and on, through the conscious mind, the subconscious mind, and the soul, the psychic "you" existing now in other realities, and through the expanded self that is your accumulation of personal higher consciousness energy beyond the body.

Just as enlightenment has been the continuing focus of this chapter, it should also be the continuing focus of your life. It is the way of all cosmic progress, and it will happen to each who searches. It is as much a process as a conclusion. It is a seeking and a finding, a search and a resolution, a beginning and then a new beginning.

Your path toward enlightenment will be influenced by daily

choices. The way you handle each day is the way you will handle your cumulative life. Be dynamic with your life, with your choices.

We have talked of different meditation practices as useful ways to let the body be aware of each moment of each day, asking for and receiving the maximum awareness for health, happiness, and attunement. Use these meditations to bring these things into your life. Dare to dare, Agartha!

There is a saying about enlightenment, that it is the product of:

One part physical study of awareness

One part mental application of truth

One part Cosmic Kiss.

The joyfulness with which one can pursue life and life hereafter should never be overlooked. Pursue your goals, yes, but pursue them with love in your heart and a smile on your lips. As your living presence continues to grow and awaken, traveling ever faster down the path of your own destiny toward enlightenment, be aware of the Cosmic Kiss. ✨

4 *Spiritual Matrix: Your Full Potential for Living*

*"Listen closely and you can hear:
The tick of the clock
as it prepares to strike the hour,
The silent rustle of the owl
as it wakes to the rising moon,
The tireless motion of the wind
as it hushes the sleeping trees.
Your future is of your creation—
Create wisely!"*

—MENTOR

AN UNDENIABLE RHYTHM AND TENSION IS alive in the universe, a type of constant pulsating energy that is, perhaps, the force behind the movement of all the cycles of life. The completion of our home marked the ending of a major cycle of change within the rhythm of our lives. Except for the furnishings in our home, nothing even remotely resembled our previous

lifestyle. Within eighteen months, we had totally recast our reality. In keeping with the natural dynamics of the change cycle, the pendulum had swung from a time of active, external energy to a period of passive, internal learning.

I began thinking about what the next stage of my life would entail. I already recognized that a new cycle had begun, but I had no idea where it would lead. It did not take long for Mentor to fill these peaceful days with a recommendation for my next assignment: it was time to begin the writing of a book.

Regardless of the fact that I had already experienced what was considered by others to be impossible, the idea of writing a book struck me as more improbable than communication with nonphysical teachers. I was not a writer. In fact, I rarely took the time to read. My personal form of expression was that of an artist, potter, and craftsperson. I created with my hands. This new task seemed well beyond my own capabilities. I protested, and Mentor responded:

✧ *Agartha, you learn not only in listening to me but in exploring your own changing feelings. You know what you feel, and you understand the spiritual basis of the work we've been developing. Write from your place of knowing and not your logical mind. You have already within you the seeds of the ideas and information that can blossom into a book of spiritual insight. Writing is a valuable tool for self-discovery. You quickly realize what you know and what you do not. Many people will benefit from this project, but most especially, Agartha, you will benefit.* ✧

I trusted that what Mentor had told me would happen and that somehow I would write and compile a book. The thought, nevertheless, was overwhelming. It was true that I had grown into the experiences of dialogue with Mentor and had lost much of my fear of this interaction. And I was finding that I did have something to share with others that we both found beneficial. This new opportunity was perhaps a way of shattering another old myth of my own personal limitations. In that case, this self-imposed limiting belief would also need to go.

We began the book. Mentor suggested the chapter outline, which encompassed a tremendous breadth of spiritual beliefs and practices, all of which presented ways to discover one's own basic spiritual path to God and the angelic teachers. My individual daily writings were the bedrock of the book, to be called *Agartha*, but I needed to fill in around the Mentor messages to explore my own feelings about and participation in this extraordinary process of spiritual discovery. I was to realize over the upcoming years that co-creation and mutual involvement are keys to spiritual growth. God and our angelic teachers never relieve us of our part of the pact, which is to do our inner work and then accept responsibility for the ideas and projects we disperse into the world. I realized that I was afraid of being held responsible for Mentor's ideas not just because he was an unexplainable phenomenon but because I was still largely ambivalent about the spiritual path he suggested. My mind believed what he said, but my soul was still shadowed with personal self-doubt and disbelief in the ways I could live the joyous and loving existence he suggested.

Separating Personal Reality from Universal Reality

As my own horizons continued to broaden under Mentor's teachings, my perceptions of reality changed dramatically. I became increasingly aware of a need to sift out the "real" from the "unreal," the lasting from the temporal. Many of the feelings and insights that I had assumed were "real" have turned out to be only one step in a process that is always changing. I wanted to find a clearer way to accept the reality of my daily life while keeping hold of the understanding that problems and needs, while important, were not critical in the larger scheme of things.

I wanted some insight from Mentor on behalf of other people's problems, too. People needed help in finding better health, meaningful lives, satisfying partnerships, and a path of spiritual study that was no longer based on the old paternalistic view of God. When a person was sitting next to me with a serious illness, it wasn't adequate for me to suggest that what that person was living wasn't

important or “real,” or even that it was entirely within the person’s ability to change. Pain to the person experiencing it is more real than the image of God, which becomes distant and illusory.

How can we understand and honor both our present-life circumstances while seeing the ways these fit in a larger plan? How can we keep from losing our way and forgetting that the “Divine Plan” is bigger than just our immediate predicament?

✧ *You have a personal reality, which includes your perspective concerning your own body and living environment as well as all those people who interact with you. Other people have their personal reality, which seems true to them but may or may not appeal to you. Which is true? Obviously, both are true, and both fit into a larger plan that is everlastingly true. If your house is red and your neighbor insists that all houses are blue because his house is blue, you are fighting a war of personal perceptions, and these are based on your experiences and the feedback from your individual five senses.*

In healing, for instance, each person uses her or his own personal reality as the means of determining what is and isn’t true. In choosing a path that honors rather than dismisses your self-evaluations, you empower your life by accepting that you can and are making good choices for your life. The fact is, however, that you can make good choices for your life only if you are considering more than your personal reality and are also allowing for the larger plan, the universal reality. You may want to intercede in your children’s lives, for instance, but are able to resist what would have been a normal process of helping your children by offering them your physical perspective that may or may not be right for them.

Another example of personal reality is the way an individual seeks to heal disease. You may believe that diet, for instance, will heal cancer. You may believe in chemotherapy, oxidation treatment, clay packs, prayer, or sound to heal cancer. Each of the above treatments can cure cancer. Why? What makes the difference? What makes the determination of whether or not healing happens is the degree to which the person is able to also tap and overlay what is of lasting power and truth: the person’s universal

perspective, and to fuse this with the person's personal perspective. The universal perspective holds:

- 1. the truth that a harmony of body, mind, and spirit is essential in a lasting cure of cancer.*
- 2. the truth that to affect a lasting cure of cancer a person needs to tap a deeper reason for living than just material gain or accomplishment.*
- 3. the truth that the disease can be halted long-term only when the involved tissues are allowed to rediscover their original health and purpose.*

How can you find a universal perspective, your lasting truth, a truth that transcends your personal perspective? You find it by seeking to discover those beliefs to live by that allow all life to prosper, that assume your life is as important as, but no more important than, the life of every other living thing. A universal perspective guides you to live within the universal laws of nature that suggest you are obliged to perpetuate the well-being of the entire system.

Your soul holds the knowledge that can be applied to your physical life to facilitate change and abundance because it is applicable to the Earth School but not born of it. You may not want to learn what this universal perspective consists of because it is the antithesis of your ego's voice. Ego wants immediate personal satisfaction. Spirit waits, without a need to be acknowledged, and seeks to produce abundance for the self by producing abundance for others.

When you have acquired a universal perspective, your soul holds the spiritual energy of impersonal and unconditional love. This emphasis is very different from your personal reality, which pushes you to act on behalf of only your needs and in ways that promote the importance of getting your way. With a universal perspective, your spirit is incapable of feeling malice, greed, self-interest, jealousy, arrogance, deceit, or any other negative emotional influence. Your soul holds the perspective of the highest and greatest good for you and all other people and living things. Your spirit suggests you take the highest road to your goal rather than the short cut.

Thus the first lesson here is that a personal reality is subjective and depends upon who is living it. Many ideas and personal perspectives are true for different people. Your personal reality is what gives you your individuality and lets you enjoy knowing that you are separate and beautiful in many ways.

A universal reality is, by contrast, offered through the perspective of your soul. The soul doesn't seek to elicit any specific behavior or win you over to a perspective. If anything, the voice of your soul, the one you experience in meditation, is more apt to dissuade you from action, cause you to relax into "not-doing," and help you refrain from vindictiveness, anger, fear, pain, or projection.

Your personal reality changes as you do. When you learn and change, so does your reality. In other words, your perspective on your life and its potential and possibilities also change. Wisdom comes from basing your life on a universal reality, one that doesn't change with your emotions but one that is as true no matter how many times you change your mind, move, get married or divorced, or change jobs. Premises that offer a universal reality are:

- All life is precious and is to be handled with care.
- Love is the essential energy of all life and always encourages potential.
- Compassion heals and expands the soul.
- Death is a temporary change in consciousness.
- Personal reality is any living experience still to be matured into a universal reality.

The feelings that give way to deep, complete acceptance of nonjudgmental love are the feelings enhanced with spirit, with a universal perspective. When, even for a second, you encounter this unconditional understanding, you'll be altered. The experiences that lift you the highest are those that are universal in nature and thus help you experience the immortality of your being, the part that transcends death and truly feels love.

Always question your first response to a challenge or dilemma. Always question the response or action that is the easiest for you to make. You will find it beneficial to pause when confront-

ed or confounded and allow a truer perspective, your universal perspective, to become known to you. The first response is usually the one that elicits your normal emotional reaction, one that has developed from your living experiences. The second response is the one that you learn to hear in meditation and learn to listen for throughout your day. The more you invite this universal perspective to become your own, the more successful you are at achieving inner peace and resisting the pitfalls of emotional stress, ambivalence, and anxiety.

This book can offer people a meaningful way to pursue a universal approach to spirituality, since I'm sharing with you a universal perspective, one you will find to be true this moment, next year, and many years after your spirit has left the Earth. ✧

This was not the first time Mentor had referred to physical life as offering me a less-than-complete perspective, but this time he went on to speak to the universal perspective clearly represented, a perspective that remains unchanging. In the years that I was to work with Mentor I would often look back to his beginning instruction and recognize that it was as true as the day he shared it with me. I was building a spiritual path based on a perspective that I could count on to remain the same no matter how many new additions I made. I needed this reassurance.

The intellectual notion of an unseen "me," my soul that was the bona fide "me," made sense, since I knew it was not the physical "me" who was in contact with Mentor. I asked Mentor to clarify the way in which my soul, with its universal perspective, could help me be successful in my personal life. Was there such a thing as a personal spiritual blueprint, which in some way married my personal perspective with this universal perspective?

The Spiritual Matrix: The Blueprint of Your Potential

✧ *You do have a blueprint, Agartha, one that holds your greatest potential always in front of you, so that you can see what you wanted to accomplish spiritually in each lifetime. This spiritual*

“knowing” is tempered with the reality of the physical, emotional, and lifestyle challenges you face, as well as with a knowledge of the Earth-School “rules” that allow you to accept the boundaries of living in a personal physical reality. This complex blueprint is your spiritual matrix—meaning life program.

A simple example of a purely physical program for growth or a physical matrix might be an apple that grows from its apple seeds. If you were limited to such a physical matrix, then you could grow in only one way, a way that was predetermined. In other words, life would be predestined—which it is not. If you had only a physical matrix for your life experiences, you would be precluded from making changes in your health, your circumstances, or your well-being, on the basis of your spiritual development.

Thus you have in place a matrix that allows for the life you’ve chosen and that can also be charged with love to become vastly different than programmed originally by your conscious mind. Suppose you have an Earth-School accident that leaves you paralyzed and unable to walk. The accident isn’t a punishment but the result of very real consequences of living in a physical reality. The result of such an unfortunate occurrence will, however, be you’ll view your life differently, more expansively, and with opportunities you’ve not seen before. Pain, loss, and perceived failure can help you make changes in your emotional state, which influences your physical and spiritual states. In our example of becoming paralyzed, you may walk or not. You may change professions or lifestyles. You will certainly change in ways that were not premeditated, predictable, or even imagined, but were nevertheless conceived of and allowed for in your spiritual matrix. Free will allows you to choose options to enhance or diminish the energy available to you through your spiritual matrix program.

Your spiritual matrix is an essential part of your Earth-School experience, because it is the program that helps you appreciate all that you’ve learned from each life, as your energy leaves each physical incarnation. Your spiritual matrix helps you keep track of what you’re learning so that you can accept what you’ve learned and what is still unlearned at the end of your lifetime.

When a person says, for instance, that she saw all her life experiences replayed before her eyes when she thought she was dying, she was seeing the contents of her spiritual matrix, the review of the learning program that includes the physical circumstances and the emotional and spiritual responses that she made.

The spiritual matrix allows for all your changes and reflects your ultimate growth into the enlightened spiritual being that in some way you're seeking to become. As when you are moving along on a moving sidewalk, the scenery changes. But as long as you stay on the sidewalk, you'll make progress. Your spiritual matrix assures that you will stay on the sidewalk instead of falling, stepping, or slipping off. This inevitable move toward spiritual development is the influence of the spiritual matrix. And so this matrix is an invisible and complex energy pattern that helps you find your spiritual will and courage, no matter the Earth-School circumstances and people you encounter, and no matter your responses. ✨

I felt enormously reassured that I couldn't fail, I wouldn't fall away from the spiritual path that my soul had wisely chosen. I did wonder, however, how I might discover more direct paths to my greatest potential. I wasn't interested in taking any more life detours if I could help it. I imagined a wall map with roads leading in every direction: the roads were in various colors, depending on whether they were two-lane or back roads or superhighways and interstates. How could I find the superhighways, the direct paths to my greatest opportunities and potential in this lifetime?

✨ *Unlike a wall map, Agartha, the lanes to success for your life are not highlighted and do not appear in color in front of you, because success is relative to your personal perspective and to the way you evaluate success. Your list of goals, defined as benchmarks showing you that you're a success, can change with an unforeseen accident, an unexpected loss of a job, a sickness, or a family problem. Health and well-being may have been taken for granted until lost or jeopardized. Then your list of goals changes dramatically, because you realize that without the basics of*

health in body, mind, and spirit, life in all its beautiful dimensions is without luster.

Thus it's wise to place your attention on the spiritual process underway in your life rather than exclusively on your physical goals. Your spiritual matrix contains all your spiritual potential, the higher-self qualities that you've chosen to work with in this life. You overlay your spiritual matrix upon your personal perspective, your Earth-School challenges, and the super-highways become those experiences in which you maintain this double perspective. You thus create positive spiritual change that will gradually influence your living environment and your health and well-being.

The raw spiritual data contained in your spiritual matrix is always available to you through meditation and a quieter, more inwardly directed attention. The choices you make that draw from your universal perspective as well as your personal perspective show you the learning that is possible for you within every circumstance. Instead of being blind-sided by your emotional fears, you'll see their presence, but you'll move around and through them to honor the power of joy and love at work in your life.

The superhighway is the life path that you live in awareness. Life is certainly chaotic in the short-term, although it is smoothly held in a more far-reaching, universal plan that is eternal. Your spiritual matrix, your fullest potential, allows you to recognize that finding contentment with your life requires a personal and universal perspective.

The roads to success that you take are actually created by your bringing awareness to the process of change. Two people can have exactly the same experience with an entirely different outcome. The difference is in the degree of spiritual energy and wisdom that they are able to lay claim to in order to deal with their life challenges. And, yes, in some lifetimes the challenges are greater and more difficult. This is because the Earth-School reality is erratic, and "bad things do happen to good people," as we've said. The determining factor of success is the ability to go to a deeper level of understanding from which you can draw

solace, joy, and self-acceptance. Your soul and its spiritual energy of love can be focused to offset and counter the mindless and chaotic experiences of Earth. Those who understand this and develop their spiritual wisdom are successful in dealing with life and finding joy and peace in the process. Those who remain unaware of this inner storehouse of treasures are tossed this way and that in the wake of their personal upheavals. ✨

Many thoughts crowded into my mind in response to Mentor's explanations. I wanted to believe that when we had painful experiences there was a purpose to them, that life's seeming injustices served a greater purpose in our lives. Mentor was making a distinction between attracting a trauma to ourselves as the mere result of living in an Earth-School environment and the ability to learn from difficulty. I thought about the challenges of parenting. Perhaps the greatest learning for us as parents is to allow our children to experience failure successfully and to realize that all of life's events are not within our control. Life isn't always fair short-term. Giving children the opportunities of dealing with life in their own way allows them to develop a spiritual resiliency and self-sufficiency that is probably the best antidote to life's problems and to appreciating the small goodness and joys of living. Is the universe, in some much more abstract way, set up to accomplish the same thing, to throw us back on our own spiritual resources so that we can find the spiritual capacity we have all along possessed within ourselves?

I also heard Mentor suggesting that as individuals we are responsible for correcting the inequities that are the causes of humanity's pain and trauma. If a drunk driver killed my child, for example, the source of the problem is not just the system that allows people to drive while drinking but also the contributing factors that cause a person to drink to wash away his or her own fears. I thought of Jesus' teaching that we are our brother's keepers. Mentor was suggesting that even though we are each involved in our own process of enlightenment, we are also major participants in the process of group discovery.

I thought about our human history and pondered these thoughts in terms of our cultural and religious backgrounds. Had humans ever had a closer relationship with their spiritual matrices where they were even more compassionate? Did people come from a time when they gave their souls a different level of daily attention? If we were meant to achieve an understanding of the spiritual matrix, then why were we not more aware that we have been seeking this kind of knowledge?

Evolutionary Identification with the Spiritual Matrix

✧ *Humanity is learning, as the concept of an Earth School suggests. Human beings have in the past acted from a spiritual perspective according to their culture, which as we've seen is really a personal cultural or religious perspective. This perspective is not a universal perspective because it separates out the beliefs as well as the people who are worthy of love and compassion and those who are not. Any cultural or religious perspective that suggests some people are worthy of love while others are not, some animals or living systems are worthy of care but others are not, is a limited personal perspective rather than a universal and life-inclusive one.*

Many thousands of years before the birth of Jesus Christ, Earth-centered cultures flourished. In the Indus River region of India, for instance, early Hindu societies valued the many qualities of the Mother, the Earth. In China, Taoism and Confucianism also suggested a certain acceptance of all life as a flow, a process greater than the individual psyche. These cultures, however, were the buds, the beginnings, of cultural and religious directions that would grow into widely divergent and often unrecognizable forms. As people in large parts of the world practice Buddhism or Hinduism, one can more readily see today the ways these practices are indeed universal and those that are personal and limited, even discriminatory, or have changed and have become more closed and discriminatory in some ways while also maintaining some strands of the original, more universal perspective.

With the advent of Jesus' teachings, another important element was added to the planet's religious and cultural mix: the belief in love as an expression of Divine countenance was reasserted psychically into the collective consciousness. This brought the teachings of such notables as Buddha, Confucius, Lao-tzu, Zoroaster, and Krishna again into the group mind. This message of love and compassion was and continues to be strengthened, allowing each person to experience for himself or herself the power of this eternal message.

These changes and swings in perspective are not bad or good; rather, they are part of a developing Earth School. These perspectives are clearly personal perspectives, specific to an individual culture, religion, or spiritual trend. The message today, the personal edict from one's own spirit and the collective God-force at work in your life, is to sort out for yourself what is limiting and what is universal. Each time your ego seeks to judge, limit, criticize, or in anyway disparage another person's search for the truth, you are within your personal perspective and can benefit from expanding your spiritual reach to embrace all perspectives based in love and compassion.

As you awaken your own fully functioning spiritual plan, you enhance the Earth's own spiritual matrix, for your planet also has a program of great potential. The Earth's spiritual matrix allows for many shifts in the nature of flora and fauna, as well as the development of new life to balance what is changed or destroyed. The Earth's universal perspective involves holding for all life a balance that allows for the natural growth and development of all living things, human beings included. The Earth, as a living organism, is similar to you in that a greater wisdom can prevail.

Humanity is discovering that it is not separate from nature or its members, who instead remain inseparable parts of the whole system. The spiritual matrix speaks to the whole plan and helps you see the ways in which you can learn from and contribute to the health of the entire physical and universal systems in which you live. Science is helping further mysticism, for with every new discovery comes myriad new questions that seem to have no immediate answers. Clearly, a plan is present that humanity is only slowly discovering. ✨

From Mentor's explanation, it appeared that evolving humankind would eventually emerge as a harmonious blend of the physical and spiritual. I wondered about the nature of this Divine plan. Mentor suggested that humanity was learning. I was, however, less optimistic about the speed at which we were learning to appreciate the whole, whether in our view of the natural world or as different perspectives. We have so very far to go! Where was evolution leading us?

Inclinations of the Soul: Humanity's Inner Core

✧ *Plants produce their rightful fruit, and animals perform within their expected roles. But what of human beings? Does humanity search for an integrated spirituality based on love and peace? People have an individual spiritual matrix, a grand plan, and an obvious physical perspective as well as a universal perspective. What is missing is the incentive to act on the universal rather than succumb to the enticements of the physical perspective alone.*

Part of the Earth-School involvement invites you to experience not only the results of your individual choices but the effect of choices made at the collective level. When the collective choices, like the cancer, reach the level of irritation that gets your full attention, then people will find a different way to live together. If you wonder how long it will take for people to look to a universal plan rather than only to one that furthers self-interest or one's personal perspective, then consider how long it takes you to decide to set up a meditation program, to change your eating habits, to exercise, and to do other things you want to do and that you know are good for you but are difficult to set into place. You will set a new life course quickly, however, if you're confronted with a diagnosis that tells you to make haste because your life is being held in the balance.

Through looking out at life beyond your own needs, you are able to create this same "make-haste" perspective when you see the dilemmas humanity faces. If you are frightened enough by what you see, and enough people are frightened by the degradation and deterioration of the planet, then and only then will change happen. Fear for your life, in this case, is probably the only factor

that will cause people to take the steps necessary for change.

Counter to what you may believe, human beings are basically good and do seek love. Like all manner of living things in the universe, they are created from Divine Love and will return to Divine Love when they die. This deepest of truths—that everything is made from Divine Love and all returns to this specific energy—is written in your soul. When you take the time to do your “soul practices,” you come directly into this basic belief rather than into disbelief in humanity. You see the potential that you have and that lies ahead for all people and all life. Experiencing this wisdom for yourself is perhaps the strongest impetus for you to do those things in your life that are compassionate and caring of the whole. ✨

I knew Mentor was right when he spoke of the difficulty in doing what was “right” rather than expedient. We do find it hard to consider the long-term when we’re not pressured. Mentor didn’t seem discouraged about the state of affairs on the Earth. Clearly, he ascribed to the belief in the potential goodness of everyone. I knew that hypothetically he was right, but in the ways we normally acted we seemed so far away from his wisdom. The place to start was obviously in meditation, in learning to hear our own universal perspective and in using it to balance our personal perspective so we could be a positive force in humanity’s collective energy field.

Your Unconscious and Your Soul’s Perspective in the Dream State

✨ Two things happen when you fall asleep. First, your conscious mind slows to a maintenance level; and second, the channels to the unconscious and the soul become more accessible. As you drift into the sleep state, the greatest pull is toward your soul and toward those teachers and guides who help you experience your wise self, your universal perspective.

Before you reach this wisdom state, however, other factors come into play that are interesting to explore. A person encounters

different periods of what I'll call unconscious confusion. These periods are doorways of inner exploration from your unconscious, and they feel confusing and misaligned with your present life. During such a period you may actually have entered a doorway of an alternate reality, a life that you are living simultaneously. You may also have entered a doorway of exploration tied to the repressed motivations and needs from your unconscious. How can you tell the difference between an alternate-reality experience and the machinations of your own unconscious?

If you are experiencing an alternate reality, you may feel like yourself, or you may feel entirely different, but you will not look like yourself. You may be of the opposite sex, much younger or older, or speaking an entirely different language. In a dream that is an alternate-reality experience, you are dreaming something that makes a lasting impression and that you have a chance of remembering in the morning. Usually, some conclusion, decision, or idea is conveyed.

Experiences that are coming from your unconscious are likely to be disjointed and fragmented, often having no conclusion. You will, however, usually recognize yourself, the way you appear in this lifetime, as the main character in the dream. Other people in the dream will recognize you for who you know yourself to be.

You can make choices even in a dream state, and so ask to see your reflection in your next dream. During that dream, look into a lake or a mirror. If you see yourself, you are still in your present reality. But if you are someone else or different in a significant way, then you have entered an alternate reality.

And so in addition to these periods of unconscious exploration, you also have an opportunity to experience guidance from your angelic teachers and from the wisdom of your soul. Let us consider the difference between these two experiences.

Guidance will feel entirely different from experiences generated at the unconscious level, because the images are other-worldly—almost as if you are living in a future world or in a fairy tale. The environment is often of a nonphysical nature; you may experience clouds, the sun, the moon, or other celestial bodies. You may experience a sensation of rapid movement, or of flying or hanging

in space. But you will feel an inner reassurance and security. You will not in any way feel afraid. You will be aware that you have a wisdom that may surprise you, because you know that you know many things about the nature of God and the angels and even about such subjects as life and death and healing physical pain.

Experiences with the energy of Divine Love, whether coming from the wisdom of your own soul or from your teachers, is always positive and generative of some deep part of you that you realize you already know. Often you sense a recommitment to doing something you realize you've forgotten that you intended to do. This entire process is framed around the spiritual matrix, of course, and a knowledge of your choices before this physical lifetime.

You may be taken on a journey beyond time by your guardian angels. You may be taken into the heart of a loved one, to know the ways you are loved or the ways you can help that person. Walls, boundaries, and separations are nonexistent when working with spiritual energy. And the most common acknowledgment is that you are aware of being reminded of what you believe and love with all your heart. ✨

I was enthralled by Mentor's description of the possibilities we could experience in our dreams. By the time I woke up I often felt as if I had run a marathon. Little bits of ideas and experiences filled my immediate recollections. I'd also had some of the experiences Mentor described as alternate-reality experiences. I was certainly going to try his suggestion of looking at my own reflection. Mentor made all of these extraordinary ideas very ordinary and believable.

I was curious about another aspect of dreaming. It seems that when I was feeling overwhelmed I often found that I was so tired I needed much more sleep than normal. I was obviously desiring to close out what my conscious mind wanted to dwell on and to give myself a chance to "catch up" in some way. But in these periods when I needed lots of sleep, was I having any experiences that helped my mind realize in some way that through sleep I could reach a place of greater resolve?

✧ *The sleep state offers a familiar road to one's angelic teachers. Many times young children are able to reconnect with their angels through sleep, and so they go through periods when they sleep a great deal, or certainly more than normal. Sleep is a person's way of reducing the pressure of learning so many new things and finding the support and reassurance from his or her teachers. And, yes, when you are overwhelmed, Agartha, it is your soul that has the answers and your teachers who can help you understand not only how to learn from and help and heal a problem but also select a means of supporting important new growth in your psyche.*

Going to sleep when you are overwhelmed gives you a chance to integrate Earth-School knowledge. It's also a time to find out what additional perspectives your angelic teachers may have to shed on the subject. ✧

From this response I deduced that any sleep cycle that a person experienced naturally was based on probable need, physical and non-physical. Our workaday world necessarily discourages napping and daydreaming. But it certainly seems logical that, rather than simply overriding the urge to sleep with coffee or drowsy awakeness, one should seek ways to respond to the body's need for more sleep.

I wanted to explore Mentor's comment that when one is with one's angelic teacher, one can feel a sense of rapid movement. I'd had that experience myself, as if jet-propelled through space. This rapid acceleration has been described as the feeling associated most often with an out-of-body experience. I wondered what Mentor thought about out-of-body experiences and if they were desirable to seek or were just the result of being taken on a "journey" with one's teacher.

Journeys out of the Body

✧ *An out-of-body experience is the ability to experience life without a body. You can view your body lying on the bed, or moving through windows or walls, or covering great distances by merely "thinking" about someone or someplace else. Because we are normally limited by the weight and confinement of a physi-*

cal body, the sensation of leaving the body is an interesting one. In some way this experience is more of a psychic projection than a natural dream-state experience. Much as the hallucinogenic drug LSD can create an alternate-reality experience, so one can induce an out-of-body experience by asking for it and allowing oneself to drift from one's physical body.

Sometimes one has an out-of-body experience as the initial state of dying or of considering one's death. In such a case your body and spirit are in limbo, between two worlds. You may have this experience also when you are dreaming and are moving from an alternate-reality experience to experiences produced by your unconscious mind. (I think it also demonstrates to us how we will feel when we are without bodies!) These experiences are helpful in allowing you to realize that telepathic intention is important in determining the direction you go, either metaphorically or actually, when you are without a physical body. ✨

If Mentor's explanation could be taken at face value, then each of us has within us an unlimited pass to anywhere—past, present, and future. We also possess a wide variety of vehicles to help us know the lifetimes we're living at present as well as the states of pure spirit and the guidance from our most loved and trusted teachers. I found myself wishing that we could control these adventures.

I asked Mentor about other altered states of consciousness. What happened during fainting spells or blackouts? What of unconscious conditions caused by accidents, or illness, or near-death experiences?

The Spiritual Matrix in Sleep, Coma, and Near-Death Experiences

✨ *Interacting with the spiritual matrix during sleep, coma, or death produces the same opportunity: the appreciation for your viability as an immortal spirit and the reality that you have a path even if not under your present control or understanding.*

Each night while falling asleep you can experience something of the same experience as dying. One minute you are physical, and the next minute you are not. Then, in what seems like an immediate turn-around, you are again physical, and it is the beginning of a new day. The eight hours of your sleep seemed as nothing more than a few moments, and yet you actually had many spiritual and nonphysical experiences. So it is with dying and with coma, or extended periods when the body sleeps but the spirit is awake.

In near-death experiences people talk about a “strange land.” They often describe a long, dark tunnel with gold and/or white light at the other end. Sometimes they mention a lighted figure of a departed loved one or a spiritual teacher. Often they experience a river or desert that they are trying to cross. They always sense, however, that the decision has not yet been made, that they still have the option to advance or retreat. These experiences are all common to the moment of union with the “I am,” when every person “knows that they know who they really are.” This identification is with an intangible quality of all-pervasive love rather than with a particular physical body or life.

The only difference in any of these experiences that simulate the death state is that you have the opportunity to return to your daily physical reality. When you actually die, you no longer have the option of returning. The drawbridge back to life has been lifted, and you are required to go forward.

The feelings of joy, beauty, and love that have been reported by those who lived to tell of their near-death experiences are but affirmations of what is experienced every night in the sleep state as well as what is experienced at the actual time of separation from the physical body. The clarity and intensity of emotions known at these times serve as tiny foreshadowings of what is to come. What is experienced on these occasions is not vague and distant but very real, and it fills one with the overwhelming joy of knowing that the unseen is no longer fearful but is magnificent and fulfilling beyond words.

Strangely, through these accounts of near-death experiences,

the general public has been given a brief glimpse of another version of existence, a vision not of fiction or imagination but of reality. ✨

I was once again confronted with that question of “reality.” What did people find in their “near-death” encounters that usually inspired descriptions of incomparable beauty? Mentor had said earlier that the spiritual matrix was the life program for the “real me,” the “I am” essence, and that the physical world was only part of the real and everlasting picture.

The Mechanism of Awakening

✨ *Reality—that which is eternal—is the core of existence and never changes although traveling through billions and billions of years of experience. The illusion of life is that the ever-changing, tantalizingly unreliable day-to-day existence is somehow real. Reality is instead very simply that which is permanent, which offers a universal perspective. Those issues and perceptions that further your understanding and appreciation of Divine Love offer the perceptions of lasting value from every Earth-School environment.*

Awareness of your spiritual matrix, of not only a personal perspective but also a universal one, is the vantage point that serves as the steppingstone out of the quagmire of the transitory, reaching for the all-enduring presence of eternal existence.

We have been speaking of the ways in which you connect with the vision held by your spiritual matrix through various near-death experiences, sleep states, experiences of an altered reality, even meditation. In these states you recognize that you are totally unlimited, without boundaries and part of an eternal system of Divine Love. The question obviously becomes: In what ways can you recreate this reality of understanding while awake and in your present conscious-mind perspective?

To answer this question, Agartha, consider the metaphor of the archer. You are the archer, and your bow is your personal perspective on life and the world. Your bow is your means of launching into the world arrows that pierce and stab or that become

flares to illuminate your own greatest potential and your ideas, which in turn light the truth for others. People know you by your arrows or flares. These arrows, as flares from your bow, also attract the angelic kingdom to your side, to encourage you and advance your self-love. Thus the answer to your question on the ways you can bring your universal perspective into your daily living is to hold the intention of the archer who chooses to send into the world light and wisdom rather than darkness and pain. Whether you are counseling your college-age young adult, feeding the birds, arguing with a creditor over a bill, applying for a new job, writing a love letter, or eating your dinner, do these things with the awareness that each is only a different means of helping you better use your inner wisdom to improve life.

Let me add one more piece to this metaphor of the archer. The universe places the bow in your hands by giving you a valuable life and by helping you be aware that at certain times you will experience a significant call for action and change. These are the times when the universe is whispering, "Now!" ✨

Free Choice: The Fabric of Life

The metaphor of archery was beautiful indeed. I also knew what Mentor was referring to as the arrows or flares. I could feel in my throat those comments that should not be spoken, the casual judgment or gossip, the story repeated that should instead be held inside. I also felt a shiver run down my spine when I read that the universe sometimes offers us an experience upon which much rides. The "now" experience was surely when Mentor entered my life. The nagging question "why me?" always returned. By what grace was I experiencing this awareness? Was it simply a matter of personally recognizing the moment that the "bow" was in my hand? Surely, I had no way to assess the magnitude of the experience that was being offered. What if I'd turned the other way? Would I have been given another chance?

If life is all a matter of personal free choice, then why is there free choice? Mentor had already told me that we were moving along

on a spiritual path even when we were oblivious to this fact. But why the need to search for the wisdom that could allow us to experience joy and love unconditionally? I always found myself coming back to the "why." Why this seemingly pointless delay in requiring each to ask our own questions, find our own answers, and open our own doors? Mentor sought to enlarge my horizons in order to answer my new barrage of questions, doubts, and concerns.

✧ *The universe is a growing, living energy collective, just as your body and your lives are also unique energy configurations. Your energy changes at each moment as you change. The universe isn't static but is alive and transmutable, just as you are. As a human being you offer your process of change as your gift that perpetuates the essential movement of life everywhere. God as the collective force of all life is a mutable essence reflecting Divine Love and making room for the ever-spiraling energy of love to enhance what is already superb. And so why do you have to search and change and take action? Because the energy you put into motion through your search for a better life, a better way, a more loving and beneficial means to every end, all enhances the God Source.*

Follow the path of the heart, the universal God-connection, which urges each person forward to explore what is most necessary to his or her development. With your spirit as guide, you are drawn powerfully to physical situations that will make you stronger and wiser even if you aren't clear about the reason—or even whether the situation really exists. You are like the conductor of a great symphony who periodically directs the entire orchestra but also spends time learning to play each instrument. Some lifetimes you are playing the drum, or the flute, or the piano. But when in the expanded self, between lifetimes, you are the conductor, moving with the sounds of the entire orchestra, and you experience the power of the whole playing together, you experience God. ✧

Mentor's words gently encouraged me to value the unseen as the object of my ultimate desires. He also suggested a brand new idea: that the mere process of our personal change in some ways

illuminated the entire universe, or at least helped it function. I felt reassured to realize that God in some way knew that we were struggling, and that through this struggle we were helping the entire system develop.

I wondered about this change process so ingrained in every fiber of our Earth School. Everything from the tides to our cells continued, lived, died, and were recreated. I asked Mentor to comment on the nature of our lives and whether or not there were cosmic expectations for each lifetime.

✧ *Physical life on Earth can be likened to an intricately woven quilt in which each square is made of different fiber and color combinations. Each experience offers you a different perspective of your soul's journey. All of your conscious and unconscious feelings and knowledge, along with your soul's guidance and the life experiences and relationships you encounter, teach you of your own Divine radiance and the essence and use of this Divine Love.*

The universe has no plan for your life other than that you grow in love. The individual life purpose and spiritual qualities you chose to work with are organized and orchestrated through your own soul, since it is an aspect of both the God-consciousness and your own important individual work.

The strides you make are their own reward. The more you implement the guidance that comes to you, the further removed you become from the chaos of Earth-School experience. The benefit is the joy you find in your living. Every person has opportunities to love and grasp the benefit this offers to himself or herself. In acting on this benefit, one grows and fulfills the journey one sought. The universe isn't keeping track of the number of lifetimes you are living, or grading the accomplishments of each. Your own soul is teaching you to love the way God and the angels do.

Dynamic choices made in the physical, the daring to follow the path set by the heart, are the only prerequisites to ultimate success. You need not dwell intellectually on your efforts; only enjoy the doing of the things you've set out to do. Do these things with love and delight, and you will be fulfilled. ✧

Manifesting Reality

Mentor was persuasive and undeviating in his insistence that true meaning was to be found in the nonphysical world via the path of the heart, the journey of love. But what of our Earth reality? How specifically could we avoid the difficulties simply by understanding the difference between the real and the illusionary, between the personal and universal perspectives? I asked Mentor to go beyond theory and offer some specific suggestions for improving our physical Earth lives. Since I was sure that prayer and meditation, for instance, really worked, in what ways could we help ourselves accept the path of love moment by moment?

✧ *Creating a more loving and peace-filled life can be achieved in many ways. Here are some specific ways to enhance the power of Divine Love in your life. (These are soul-expanding exercises.)*

1. Practice focusing on the sounds and movement of the web of life around you. Take the tension out of your life, remove the worry, and merely relax your mind. Watch your breathing, and imagine that with each out-breath you are merging with all living things, and on each in-breath you are drawing the wisdom and understanding from this web of life into your own experience.

2. Practice being mindful of individual elements of nature as your teachers. Choose an object that has meaning for you and place it where you can see it during the day. Each time you look at this object, let it speak its wisdom to you. Let this object tell you of its life, a gift from the infinite to help enlighten you in some way.

3. Practice listening to the guidance from your angelic teachers by choosing a fresh flower or an inviting picture of a flower and placing it on your desk, beside your bed, or on your dining room table. Look into this flower and allow your angelic teacher to guide you through the image, colors, and textures of the flower petals and shape of the stamen and pistil. Is the

flower closed or open to the sun? Are the petals a color of change (orange and red), or healing (white, gold, and green), or love and forgiveness (pink and purple), or peace of mind and acceptance (blue and indigo)?

Use your “imagining” self, the self beyond the feedback of the five senses. Find the part of you that combines imagination with expanded awareness and intuition. Ask the question you most need an answer for and listen within yourself for the answer. Write down what you’ve experienced.

4. Practice placing your hand over your heart to experience personal empowerment. When you place your hand over your heart, you’ll find either a sense of warmth and fulfillment or a sense of emptiness and lack of personal power. Bring your power back into your life. Allow God and your angelic teachers to fill your heart with love; allow love in. This important exercise will show you how many times a day you make choices and initiate conversation from a place of emptiness rather than fullness. Learn to feel filled with love before saying or doing anything.

5. Practice mentoring someone by offering love and encouragement rather than judgment, criticism, or unwanted advice. Accept that you may know something as to the nature of another person’s problem or struggle. Yet resist the temptation to tell the person what you know and, instead, wait for that person to ask for your advice. Then, by allowing the place deep within yourself to guide you, share only what is helpful. Recognize the ways in which you may feel the need to fix the person’s problems or have the person accept your assessment of his or her problem. Each person must experience the grit in life in order to find and produce the pearl.

6. Practice “sweeping the steps.” This conscious action is a powerful practice of spiritual initiation. Help a person or living thing through some means that you already understand and possess. See what or who is in your life right now that needs

your attention. Move the experience of helping this single person or living thing into the center of your attention. Realize that this experience isn't at all incidental but a call to you to use the natural abilities you already possess or the job you're presently in to be of service.

This service experience can offer you an important clue in helping you find and live your life's work. Seek neither applause, nor accolades, nor even approval. Do, in a quiet way, the very important work that the universe has given you to do. In doing this helping deed you've expanded your capacity to love so that you may grow in your ability as a teacher and healer on the Earth.

7. Practice nonresistance to others. Watch yourself in conversation with others and recognize the point at which you stop listening to them and listen only to yourself and your inner responses. Take your attention from your mental dialogue and again place it on the others. Learn to listen rather than to assert your opinion. This practice allows you to experience inner quiet and spaces of "nonthinking," which are the essence of meditation and a tranquil heart.

8. Practice holding an experience of success inside for a time before telling others. When you're proud of an accomplishment, seek joy and self-approval before sharing it with others. The intensity of the urge you feel to tell others will show the degree to which you value other people's opinions of your success more than your own. This practice encourages you to accept responsibility for your choices, to learn to monitor what you feel about an experience, and to accept the only real praise that matters: the praise you are capable of giving yourself.

As you accept that you are on a spiritual journey in a physical lifetime, you will seek to understand and use these soul-expansion exercises. When you see a peaceful and joy-filled person, you can be assured that the person is engaged in his or her own means of expanding the ability to love and feel compassion. ✨

I was impressed by this array of spiritual exercises to improve awareness of love and compassion. These were certainly significant and useful ways to stay in our own power and feel the presence of Divine Love. I wondered if "Providence" intervenes in our lives to help us with the inevitable chaos that Mentor described as rampant now on the Earth. How could our teachers help us through painful experiences? In what way did the universe help us when we were trying to use love as the solution?

✧ *Let me tell you a story to illustrate the way in which Providence can play to your favor, love attracting love, and loving action attracted through love.*

A girl named Cortina lived in Portugal in the year 1811. Her life will serve as a most appropriate example of "uniting the personal with the universal perspective for resolution." Cortina was an only child, born into a wealthy family who owned a ship-building business.

When she was sixteen, Cortina's family's business suffered a fire in which it lost its shipyard and several large vessels, which had been built on speculation. These ships represented the sum total of the family's financial resources. Cortina's family found itself destitute. But Cortina was unwilling to believe that something could not be done. She was convinced that the situation could be changed, because she loved her father very much. Her friends thought her ridiculous and told her to accept what had happened and go on with her life. She instead set about finding the means to restore her father's fortune.

Cortina focused on one desire: to restore her father's shipyard. She was unwilling to let it out of her thoughts and found herself drawn toward finding a way to turn this tragedy into triumph. She believed that her wish had more power than the negative circumstances in which she and her family found themselves. She believed she had the power to make things right. She tried convincing her father's friends and former business partners to reinvest in the family business. Her overtures were dismissed.

Nevertheless, several months later, still undaunted by the

bleak outlook, she was wandering through the old burned-out warehouse when she saw a small silver locket lying in a cloudy puddle. Curious, she picked it up. On the back were three beautifully engraved initials. She went home with the locket and asked if anyone knew the initials. No one did. She went into her father's library and began to browse through the accounts salvaged from the warehouse fire. At the top of a ledger sheet were the initials and the full name and address of a former client to whom, many years before, her father had sold a ship. The initials matched those on the locket.

She sent a letter returning the locket to the address given on the ledger sheet and explaining her family's desperate situation. She asked if the person she wrote would consider the commissioning of a new sailing vessel to get her father back on his feet financially. She was convinced that a solution would come from that letter, and so it did. The owner and his wife, touched by the courage, love, and tenacity of the young woman, did indeed invest in another ship, and Cortina's father built a new shipyard with the funds from that ship.

This is not a fairy tale but a story of manifestation resulting from a belief in the ability to influence for the positive those life situations with which one is confronted. ✨

The story of Cortina was touching and demonstrated Mentor's point about manifesting in the Earth plane through continued belief in a positive outcome. The story failed to address, however, why sometimes the power of positive thinking isn't sufficient to change or influence the situation. In my personal mythology and life experience, there were times when in fact events seemed beyond my control, even though I'd thought the universe was mysteriously at work in my life. Can we control all of life's tragedies if we love enough?

✨ *Once you realize you have the power to co-create through love with the Divine Source, you have the power to influence your own life and the life circumstances around you. Some events cannot be turned around completely because the quality of love*

is insufficient to heal or mend an experience or expression of negativity that may have deep tentacles into other lifetimes or collective experiences. Another reason why you are unable to influence events is because a part of the great mystery is unfolding in your life in a way you do not yet appreciate. But every event prayed on in love will be influenced to the degree that it can be. Remember that living in an Earth School means that events are not under your control entirely, but they are influenced by your love. The greater the love, the greater the influence. Miracles are the power of love manifested to influence a physical situation. ✨

The Dynamics of Influencing Your Reality

✨ There are many avenues to creating your reality, and I have touched but briefly on the cornerstones. Wanting to build on personal reality, wanting to dismiss the illusion that manifests itself in pain, broken dreams, and unreachd goals, is the beginning. It is possible to take only one step at a time, always trusting in the fact that your feet will find the next step. You are an intricate aspect to the web of life, and your choices influence rather than create reality. The ultimate reality is the one seen through a universal perspective. This perspective helps you accept that you are part of the great mystery and that while you are on physical Earth School, God cannot be fit into a corner of your room or your mind. You are learning to come to the universe rather than trying to reduce God intellectually to a knowable size. Always remember that true creation comes through your perception, that quality of love deep within you that is your immortality. Approach every experience from your own inner place of everlasting “knowing,” and allow your other experiences and knowledge to give a fuller picture to this guidance.

Agartha, give your emerging awareness a chance to blossom and develop using the forces of creative energy we have discussed. There is no limitation to what life can be on planet Earth. You and all of humanity are changing each second. Create through love, and all will be well. ✨

5 *The Power Connection: Key to Earth's Survival*

*"Are the trees in the forests
and the birds of the air aware?
Are the flowers of the field
and the animals of the pasture awake?
Are the children in the schools
and the parents in the houses ready?
Aware, awake, and ready to know the truth?"*

—MENTOR

THE PERSONAL MEANING BEHIND A WORD or phrase and the manner in which one defines it change as one's experience triggers deepening understanding. I had defined such words as *God* and *power* in terms of my previous frame of reference, which was proving to be too parochial.

As Mentor approached each new subject, I concentrated on overcoming my own resistance and trying to understand the direction Mentor was leading me. Clearly, any new ways of viewing life and my beliefs required my growing according to my own vision, and

this always meant beginning with the seed of a new idea and then allowing it to germinate in its own right time. Mentor's perspective was vastly different from my own, perhaps because we were on different sides of the Earth-School experience. Just as Mentor had spent so many months helping me understand love as more than an emotional response—as in fact the most profound energy of the universe—so, too, was I to learn about the nature of power.

I'd never thought much about the concept of power other than in the negative sense, and then it was easy to decry the brutish and barbaric use of power as a means of harassment and repression. But learning to observe those who used power as both a creative and a destructive force was to teach me a great deal over the years. I was to discover the dramatic difference between the powerful energy that arises from the spirit and the power that is generated through self-interest and the desire to control others.

True power, the kind I found myself attracted to, was both magical yet illusive. I couldn't pin it down, but when I'd met someone with genuine power, I felt the difference. Those with genuine power seemed unconcerned with the way they appeared to others, almost as if they were too busy looking at a deep inner picture, something exquisite that both enraptured and intrigued them. They spoke from a knowingness that was inspiring and helpful. They were not seeking power directly; rather, they allowed it to arise from within them.

I could find no particular consistency in the background of the people I experienced as personally powerful. They came from all walks of life and were in both highly visible and invisible jobs. They knew something, experienced something that was contagious and drew people to them.

People exhibiting genuine power seem like the fire by which we all want to warm ourselves. They help us see the beauty and power in our own souls. Mentor was like this, too, always causing the fire inside me to burn more brightly because of his powerful presence. I would come to see that genuine personal power was generated through love for all things and is a thing of the spirit, something transmitted in all sorts of ways that empower others. This

spiritual force, this power, was enthralling to say the least—and addictive, although it was positive instead of negative. Accepting that genuine power arose from the spirit, I wondered about the world in which we live where other forms of power hold sway.

If we believe, for instance, that genuine power arises from the force of money, social status, political position, or other forms of external power, then these forms of energy and power may become our albatrosses, the heavy weights that we choose to wear around our necks. Investing in any form of external power, even if we do it upon the advice of others who offer well-intentioned directives, may prove to be a sad substitute for the voice of our own internal power. Power that arises from our own liking of who we are and the appreciation for our daily actions and attitudes that have an altruistic and beneficent flavor is the most fulfilling kind of power for us personally.

Mentor was to suggest many ways in which we could benefit from using the power of inner discovery and personal creativity to enhance our own lives and the lives of others. He had begun a discussion on the means of valuing and trusting our attitudes and responses to power, and he was also chronicling the path humanity had walked to this point in human history. Clearly, we can become controlled all too easily by the power symbols we seek to harness. How, then, does one release the hold external power has over us or that we are using to hold others?

I wanted Mentor to share with us his thoughts on the nature of personal and collective power, this spiritual essence that could probably change the world. I was also coming to believe that maybe it was possible to enhance the burgeoning efforts of the “peacemaker” and the “vision keeper” within us. The difference in my attitude lay in my connection to Mentor and this stream of spiritual power. Alone, I felt limited and unable to even imagine a future without war and pain; but with the enormous energy I felt from Mentor, even beyond his words, I accepted that power was something beautiful and magical and transformative. I wanted to know how to draw this power more directly into my life and how to use it also in the cause of personal planetary change.

The Power Trip

✧ *Earth is enmeshed in humanity's intense power struggle. This conflict exists between countries, states, cities, and individuals, as well as between the physical and spiritual aspects of each individual. The basis for the struggle revolves around the need to have "power over" others rather than "power in community" with others.*

The abuse of power is never spiritually justifiable, of course. Each person or group of people has the right to explore peacefully, and with love, its own avenues of discovery and cultural unfolding. Global culture benefits from many forms of diverse creative expression. This gives the planet an important collective voice and a range of important stories to tell to future generations.

Humanity needs to discover that the self-serving use of power over others or at the expense of others is a foolhardy route to take, for in its self-serving lies its demise: it pays no lasting reward to anyone. Power is an unlimited spiritual resource to enhance people's living experience together. Power is thus the creative energy of community, a cooperative sharing of love, respect, natural resources, and created goods.

Humanity is even now moving toward community, although it often looks as if the gangs and groups pushing a supremacist ideology are growing as quickly as any out-of-control physical disease. Groups come together to find a collective voice, since they often have no individual voice that is respected. The answer to unwanted group violence and inappropriate activity is to afford all people respect and a means of self-expression. This sharing of ideas and creative energy in every form is at the crux of the energy of transformation. And so the material we'll be talking about in this chapter will deal with the present and upcoming pressures pushing at humanity's and the Earth's very fabrics of existence.

The years 1980 to 1987 will be remembered as the years when those in positions of power—whether parents, community leaders, corporate or organization trendsetters, or presidents and prime ministers—used power more as an extension of their assumed right of position, job, or age rather than as an inten-

tional means of conveying wisdom and genuine concern for the welfare of the entire family, community, state, or nation. This was the period of grand delusion, when those in positions of power needed to pretend they were invincible, always right, and without flaw. Becoming vulnerable, able to see another's personal side of a discussion without feeling invalidated, is of course the means of building a shared power base, a shared "knowing."

This period of years from 1980 to 1987 epitomized the powerful struggle between the adult—those in positions of power, and the children—those who were told what to think, what to do, and how to do it. Only more recently have those two roles been cracked open for all to find the adult and child within themselves and others.

The sharing of power and position, the expression of compassion that translates into genuine human-rights policies, was still to be born, remaining more of a useful political slogan or parental expression. The guiding beacon had not yet come to shine on the power of love and compassion as humanity's path not only to peace and happiness but to survival.

Countries around the world became increasingly rigid in the demarcation of their boundaries and in expressing a willingness to defend these militarily. The governments of the world continued to perpetuate assurances that all was well and that power was being used in the right ways when it usually was not. Power continued to be for the few who felt they had the right to benefit in extraordinary measure from the efforts of the many. Even when the few at the top were replaced by a new party or group, still the belief in one way, one policy, and the right of the few to rule the many continued to be a plague of position.

There have always been a few far-sighted humanitarians, however, and this number continues to grow. As more and more people are confounded through aggravated encounters with those wielding power, more and more people will speak out on global issues. And now, more and more will listen and learn, question and decide that they too wish to opt for the presence of a harmonious world community, the emergence of a balanced planet. These voices, while at first considered strange and dangerous,

will gradually be integrated into the mainstream of everyday life. Herein lies the basis for the great conflict.

Strong elements of the world's societies will cling tenaciously to the old ways, remaining with the inhumane and unsupportable economic and social policies of the past. These groups will violently oppose the new voices raised in love that are calling for world peace and a change in the repression, violence, and nonproductive leanings of the past.

The twenty-five years following 1987 (1988–2013) will be filled with increased fear and bloodshed as people struggle through war and natural disaster to reach a common vision. Wars will be wars of desperation, creative against static, vision against rhetoric. The slowly metamorphosing global cultures will suffer all the anguish inherent in being reborn, struggling to exchange the inappropriate and nonproductive for the intrinsically satisfying and lasting human values. As this general consciousness shift gains momentum, the turbulence of planet Earth will gradually subside, and the physical countenance of Earth will become one of greater calm.

The realized focus of planet Earth will eventually be harmony among all living elements. By the beginning of the twenty-first century, a gradual change will be perceptible, an age will be awakening in which physical and spiritual alignment is more possible and peace is sought actively. The world will have tasted the perils of prolonged war, violence, and the reactionist attitudes pushing isolationism and self-interest. But the pulse of the universe will be awakened, and all humanity will sense a newness of spirit arising within every heart. The physical planetary changes will act as a cleansing and purification for the natural systems of the Earth and the living systems of humankind.

The land masses currently above water support more life than ever before in the world's history. The peoples now living on these lands continue to influence the well-being of humanity and the Earth's systems, although these people are not alone responsible for the state of humanity's misery and despair. Today's people are living the physical and emotional energy of the past, and this collective positive and negative energy from all cultures is

what is producing the present disruptive state of the world.

What force of energy and power propels the United States and the other countries of the free world? Is it the vision of evolving harmony, or is it the seeking of singular materialistic advantage over others? Both themes are present and true. The United States of America has indeed picked up the challenge of planetary evolution but is also strangling in its desire to have the power swing both ways. The old and the new uses of power, in this case, cannot co-exist, and choices, difficult choices, need to be made.

The country's leaders anguish over trying to "do the right thing," but for the wrong reasons. The leaders and the leader within each person are unquestionably being challenged at every turn, at every choice, and in every way. Each governing body is being forced to go beyond the failing physical systems to find solutions, to go beyond the apparent limitations of human avarice and contrived superiority to a connection of purposeful existence in which all people and living systems can share.

In these tense and unstable years, nonphysical teachers, guides, and angelic beings are available and involved in your lives. Some of you recognize these teachers at the conscious level, but most people are still guided by their souls through dreams. The powerful leaders of the world community are being helped to find new directions, but as also happens in Earth School, those who mark the new path are often themselves targets of injustice and unfair ridicule. But the people who choose these ground-breaking roles have done so in all-knowingness spiritually and so are living the role they've come to the Earth School to play. They are safe, even though they may be persecuted. They are serving a role that is essential for the spiritual development of all living things. ✨

Mentor had alluded to the staggering levels of in-fighting, violence at every level of society, and struggle that would escalate daily. I realized that Mentor was talking about not only what changes were going on at the collective levels with people everywhere, but also about the major and unprecedented upheaval that we could expect at the personal level of our own lives. With envi-

ronmental and immune-deficiency diseases already sweeping through cultures and countries, I wondered what would be next. I wanted to avoid considering what would happen when there were no more dollars or surplus supplies to send for relief efforts. How would help come to the greater and greater numbers of people and systems needing relief? Would the steadily increasing diet of disaster and misery cause people to be more loving and giving, or would the opposite be true, with people closing off their resources and themselves from others?

I thought about our beautiful Earth and what we were doing to her lands, oceans, creatures, and natural things growing in this world. And I felt such pain at the prospect of their potential destruction. It was difficult to accept that our blindness to humanity's and the Earth's real needs were the triggers to these levels of escalating disaster. It was no less frustrating to also see the major powers of the planet flirting with nuclear war. What could prevent Earth changes? What was the answer—if there was one—to circumventing the unthinkable horror of large-scale destruction, human-made or nature-made?

Personal Power: Learning to Draw from the Source

✧ *Since even the largest group of people quickly reduces to the individual, let us talk of power as it first relates to the individual. What is power when reduced to its simplest form but self-actualized cosmic potential? Personal power is manifested in the energy generated by conscious choice, and it is both finite and universal in nature. When you choose to accept a role of powerlessness, the victim role in which you are always hurt and thwarted by others, then you act without any true power, for you have accepted power as finite. You have accepted that you have insufficient power to change the situation.*

As an individual you are not, however, powerless to change your circumstances. But to make such a change you must connect with a greater source of power than is wielded by you alone. Your true source of power is God and the essence of Divine Love.

The power of the Divine is unlimited and, when invoked, changes any lack to abundance for oneself or for humanity and the many forms of life supported on the Earth.

When a person seeks this universal source of power, the one stipulation is that the seeking is for the benefit of many, for this is the way one contributes to planetary transformation. When a person abuses power and/or seeks power to further only self-interest, then his or her power is limited to the energy that he or she was born with. As with the burning of carbon-based fuels, once these sources of energy are used up, no more energy in this form is available.

By contrast, an individual may increase his or her power by accepting it as the natural confluence of energy joining all life to a higher power and the ultimate system of God. When your motives and efforts are a means of improving life, power as spiritual energy flows to you and is replenished continually.

One way you can gain personal power is through making an intentional choice that furthers the goal or purpose you realize you want, the spiritual role you're chosen to play in this life. If you know you want to become a physician, for instance, but have several children and are a single parent, you may have no idea how to make this dream a reality. You can use personal power to enhance the spiritual process you are comfortable with, even though you are unaware of what the goal or the outcome may be. You may realize you love helping people, for example, but are unsure what career this speaks to. In both cases you are working with the spiritual energy of continuous power, taking each step as the voice of the universe gives you the energy for the subsequent step. Through this process of discovery you awaken your own wisdom and honor the spiritual role you've chosen to live.

When you believe in your ability to access spiritual energy through prayer, meditation, and living with loving intention, then you talk to God each moment of each day, bringing the powerful energy of creation into your life each moment. This doesn't mean that God snaps to attention at your beck and call; it means that together you further the flow of Divine Love into your life and into the Earth-School environment so that you are no longer

afraid or emotionally or spiritually undone by life's events.

The power we are discussing here is the power of intention, which lives at the "imagining level" and beyond the borders of what is tangible. But remember that all matter, before becoming tangible or knowable matter, is energy. Thus to influence events you need to move your attention and intention to this unmanifested level of energy. Power at this stage is being directed toward manifestation through your positive and loving intention to serve your own needs and those of others. Manifestation of the energy of personal power is based both on your believing that you have access to universal power and through creating the conduit—through prayer, contemplation, meditation, or any form expressing your purpose for drawing energy toward a specific focus of manifestation.

The discovery of yourself as a natural extension of the energy of a greater good, a greater God, may come to you at any time in your life. You may be a young child, for instance, and understand your connection to the Divine and the invisible energetic forces of all life. You may be a teenager and realize your connection through a life-shifting experience or physical change or accident. You may be in your 20s, 30s, 40s, or 50s, and through relationship changes, career successes and disappointments, or a myriad of other avenues of physical, emotional, and spiritual change, you recognize your spirit as the phoenix rising from the ashes of your failures to further your relationship to God.

Many times a person finds this connection to power as spiritual energy just before dying or in the process of facing death. Others find it only after leaving the physical world, or by re-entering another physical lifetime. Each individual is, figuratively speaking, like a satellite of intense power revolving around the main generating source that is God. Through the individual's connection to this Ultimate Source of Power, each satellite energy—be it a galaxy, a solar system, a sun, a star, a spirit, a spirit in physical form as a person, a flower, or a microorganism—draws whatever it learns to draw from the Source. The Source is unchangeable, and the power available is never diminished. The only variables are the desire and the ability to make the connection.

Each individual element of the universe has power. The extent of that power is based on one's ability to tap one's spiritual matrix, the ultimate program for each living thing's greatest benefit and unfolding potential. Opening the power of this program, your spiritual matrix, is predicated upon a belief and expectation of Divine Love flowing into your life. ✨

This suggestion that unlimited personal power was available only if one elected to recognize this power connection was an intriguing, if slightly elusive, notion. Still caught up in my concern about wars and natural disasters, I wondered how people with obvious negative intention continued to stay in power or were allowed to commit acts of terror. I thought of the Holocaust, Adolf Hitler, and the generals and leaders who encouraged or even allowed the atrocities of terror and extermination of people. I thought of the Mafia and drug lords, and the Third-World terrorist regimes and leaders who laughed at issues involving individual human rights. How was it that these un-Godly acts and the people who perpetuated them had the power to inflict this sort of misery?

Personal Power: Birthright Gift and Spiritual Matrix Affirmation

✨ *Birthright personal power, Agartha, can be likened to the nourishment within an egg. For a limited period of time, there is abundant nourishment for the developing life within the egg. But the time comes when this nourishment is depleted and the life within the egg must be born or die. This emerging life must now find a new source of nourishment, which is available only in a larger and initially more unknowable world. You, as individuals, likewise possess immense personal power at birth. This power is part of your God-given connection to the Source. At whatever age you find yourself low on energy, without joy or hope in your life, or feeling as if you've come to the end of your rope, consider that you are approaching rebirth and have exchanged a rope for a conscious link, your umbilicus, to the Divine.*

The first place you find yourself urged to make this shift is in the period of childhood from three to seven years old, then again in adolescence from thirteen to seventeen. A young person's emotional upheavals are more than overactive hormones and pressure from peers. The upset they experience is actually a search for something to believe in, something to connect with that holds lasting meaning. If this struggle in adolescence finds no resolution, the child and young adult will continue to search for the source of joy, love, and purposeful living.

This essential spiritual shift to reconnect with the Source of all life has always been seen as a time deserving of serious attention. All spiritual traditions have a rite of passage for coming into manhood and womanhood. These ceremonies serve as initiations for young people, helping them experience their own spiritual power as part of a tribe, spiritual family, or community, and as an essential aspect of the Great Creator. The young person is encouraged to seek his or her own power, path to God, and purpose, which God has bestowed on him or her for this lifetime. Of course, as so often happens, the awareness behind such spiritual ritual has been largely lost, and unfortunately the ceremonies remain more of a social occasion than a genuine initiation into spiritual power and responsibility.

In transferring your commitment to the Source, you awaken your own greatest power, which is your spiritual matrix, standing as both your personal and universal opportunities for present-life fulfillment.

In the course of growing up, after childhood and adolescence, each person encounters additional times of opportunity for spiritual development. These times are usually accompanied by intense physical, emotional, and spiritual insight and change. The full range of opportunities for shifting from the "self" to the "Source" are available in:

- *childhood; 3 to 7*
- *adolescence; 13 to 17*
- *early mid-life; 33 to 37*
- *mid-life; 53 to 57*

- early late-life; 73 to 77
- later late-life; 93 to 97.

These periods are often highlighted by erratic physical and emotional energy swings and behavior that seems anything but a search for God, yet it is. Be aware, however, that an intense inner struggle is under way at these times. This struggle is a search for the source of lasting power—the Divine—for oneself.

During these intense periods of spiritual change, your soul is aware that for you to continue to grow, a shift is required, and it seeks to attract your interest. You may find yourself more introspective and more questioning of your life and the satisfaction/love you are receiving in return. You need to hear your soul's voice. The relationships and daily living routines that fill up your time and attention will change with you or give way. Disease, loss, death of a loved one, or failure in partnership or business will affect you more deeply. You'll find yourself wanting to reprioritize your life, efforts, and attention. While this inner urge feels like a breaking down, it is actually a breaking through to your essential spiritual connection. Through this spiritual crisis you find your way to an appreciation of your relationship with the Divine in all its myriad forms.

When you enter one of these soul-shifting periods, you may experience a falling away of old friendships, partnerships, lifestyle choices, careers, or even general health. You may experience varying degrees of loss of energy, confusion, inability to focus on objectives, a sense of futility or hopelessness, and often depression, loss of self-esteem, and feelings of failure and self-recrimination.

If the shift from the small "s" (self) to the large "S" (Source) isn't made, you will be unable to find the power to grow into your potential. While you may not die physically, you will continue to thirst for the hidden path to greater peace of mind, joy, life meaning, love, and all forms of universal abundance.

The complete rejection of a new Divine Source as your resource for power, the "S," may produce a very different response in the human emotions. You may be irrational and believe yourself to be entitled to play God in other people's lives. This aber-

ration in your behavior is expressed, unfortunately, as the power of darkness or the lack of light. This kind of delusion is very dangerous to others and results in a deeply and darkly colored life that can do great damage to others and inflict unspeakable anguish. Those false leaders, terrorists, and murderers throughout history have invariably invoked, either directly or obliquely, this dark side as they insisted on the power of the self over the soul, the power of the self over connection to God.

In all systems or realities where free choice is possible, some individuals will always be aberrations of the general spiritual development of humankind. These souls are not dropped from the Divine system, even though their deeds are an affront to love and compassion; but neither do they move with the same ease as other souls.

The physical, emotional, intellectual, and mental selves do die, of course, but those who have found their immortal voice in connection to the Source never perish. The longer one waits to find and make this connection to the Divine, the more difficult it is and the more ego battles one is forced to fight. For those who become lost for a lifetime in the self, God fades to an unknowable, impotent, mean-spirited presence. The bliss of possibility is lost for the present. ✨

So many people's life experiences rushed into my mind in response to Mentor's thoughts on connecting to the "Source" from the "self." I now realized why the children and adults who were unable to find themselves were never happy or productive and always seemed lacking in some essential inner quality. They had, in fact, never fully shifted their intention from self to God. My next immediate thought was: How do we facilitate this shift in ourselves, our children, our friends,—or, for that matter, anyone?

✨ *This shift from self to Source is facilitated in many ways. Ceremonies, for instance, that are supported and valued by peers and adults alike, are essential. This spiritual shift is also helped by dreaming, imagining, and perceiving the subtle energies of life around you. Take a walk, write a poem or a song, and share it*

with someone or something. The arts are supportive of spiritual shifts because they help you interpret your own perspective on the awakening life-force within you and others. Any process that allows you to surrender in a wondrous way to life as an enduring process will lead you to God as the great mystery.

This shift from the self to the Source is likewise impeded when a child or adult is prevented or dissuaded from experiencing the larger picture of the life-and-death cycle. Allowing a child or adult to work through the experience of losing a family pet or loved one helps bring him or her back to the inner world of spirit. Accepting the dichotomy of life, the "unfairness" of many things short-term, further balances a belief and perspective related to a longer and larger spiritual view of life. And when a child, adolescent, or person of any age is truly loved, that person gains confidence in the journey toward self-realization. All of these things are essential if the person is to be successful in shifting to the Divine Source for comfort and on-going nurturing.

You can see easily that this picture I've been painting for you is not the one usually presented by mainstream cultures. The home and family environments continue to be the critical places from which spiritual discovery emerges as a force in a young person's life. You awaken your spiritual matrices and encourage the shift away from pure self-interest and preoccupation as you engage other people in the spiritual journey. I'm suggesting independent thinking, and, yes, distancing yourself from friends, family members, or even religious ties through which you are discouraged from becoming fully who and what you are. Life answers come to each inquiring heart, and no one is exempt from this journey to the Source. ✨

Relinquishing Power

✨ Why do some people choose to remain victimized by others? Even though a person leads you over the cliff, do you need to follow? In addition to all the psychological reasons I might cite for people being victimized by others, perhaps the truest reason is

that most people are afraid they will be cut off from love and affection by asserting their views of right or wrong, just or unjust, or loving and unloving deeds or attitudes.

People are easily taught to follow those who promise love and any means of bonding through affection. You have no need to believe what others tell you or to act on others' orders if they go against your own inner values to preserve and honor all life. As you come to know and honor yourself and your own capacity for love and personal power, you no longer feel afraid of the world or those who profess to run it for their own gain. The spiritual path does, however, require you to decide what it is you do believe and to act in accordance with these values. The values upon which happiness and inner satisfaction hang are love, compassion, and respect for all life.

Many leaders have led through fear and the limited power of the dark. One may experience many misfortunes at the hands of such false prophets or leaders. Without your own sense of the universe as a loving and powerful force at your side, you will always be a victim of others. Look around you and observe what endures. It isn't the blight on the flower petal that lives on, it is the flower itself, as new buds continue to open. Be as the new bud, no matter the blight you've experienced, the ways in which you've been victimized. Seek a truth through love, and outlast what has made you a victim. ✨

As in the discussion on enlightenment, Mentor was saying clearly that personal experience of the God-connection was the key. How one made this connection became once again the burning question. I was convinced of the truth of Mentor's words and the value and necessity of shifting my on-going intention to the Divine Source. Once again, the question came back: "How?"

✨ I would like to suggest exercises in which you can experience the personal power that comes from a God-ordered focus, but first, Agartha, let me recap what has been said of personal power:

1. Personal power is obtained through the personalization of

the cosmic link-up. Or, put another way, personal power is found through the self-realization and acceptance of one's right to belong to the universal network of energy.

2. Personal power is unlimited when one views it as a resource that flows continually in life, unlimited except by conscious action or intent, and it exists in measurable quantity only so long as it is perceived as unlimited and universal. Personal power is nourishment that comes from one's connection to God as the Ultimate Source.

3. Personal power is the vehicle through which one manifests reality. In taking the energy of human endeavor and infusing it with the power of a universal God-connection, one awakens one's spiritual matrix, which guides each person toward his or her greatest spiritual understanding.

Personal power is constantly being drawn from the Divine. This energy is sought by all elements of creation, each according to its nature and its needs. Humankind alone doubts or ignores the power of this connection. In order for power to be drawn from the Source, each person must recognize this essential connection.

Let us use an example to explore the potential power that is generated through the relationship of one individual element to a greater source of energy. The ocean is a giant source of power and energy. One individual wave is both a part of the ocean with a momentary identity as well as an essential aspect of the ocean, as it is folded again and again into the ocean. The ocean would be nothing without its waves, and the waves would have no power or existence without the ocean.

Your physical being and your physical existence acts as an individual wave. The ocean is the ocean of all life; it is the Source. You are folded continually into God through your own living and dying processes. Recognition of your inseparable relationship with the Source allows you to breathe in the power of the whole rather than only the desires and opportunities that arise through your own mind and lifestyle. Each in-breath is thus your

drawing the unlimited power of God into your lungs, into your life. Each out-breath is used to expand your own individual spiritual matrix, your program for ultimate well-being and success in this lifetime. Practice this exercise of expanding your own life opportunities for service and success:

- *Breathe in the power of God.*
- *Breathe out Divine Love into your life and into the envelope of energy around you, which is your spiritual matrix. In this way you inflate your life opportunities and personal power. ✨*

As I practiced this “in- and out-breath meditation” I felt strangely calmed and filled with a new power. I realized again the importance of the personal experience of Divine Power, of Divine Love, as the only lasting means through which any of us come to care about activities outside our own immediate needs and concerns. Mentor’s many exercises and diverse means of exploring basic spiritual premises were obviously based on this same understanding of creating personal experiences. Each personal sense of God and the angels is what changes and opens our hearts.

I knew that I, too, wanted to act as a conduit for creating harmony on Earth and to awaken those aspects of my own psyche that I’d never known. Humanity was embroiled in a mess, that was for sure. But I also recognized the enormous opportunity for all races and cultures as we learned from our spiritual crises and slowly entered the promised land of transformation. Of course, it was going to be a bumpy ride.

The crux of all our problems seemed to rest on our ability to find God as a viable means of energy rather than remaining the victim, always suffering from loneliness and self-deprecation. Unity, not separation, was what we sought. I asked Mentor what we could do to begin feeling this power connection. What specific steps would he recommend to anyone wishing to experience his or her own connection to God?

Experiencing Personal Power: A Meditative Exercise

✧ Now can be the time for each person to reaffirm his or her own personal power connection. I might suggest three steps to accomplish this goal. (Allow thirty minutes for this exercise.)

1. Imagine your place of power.

Draw into your mind's eye a place that you've visited or that calls to you in the natural world. (Allow four to five minutes to become comfortable with this place.)

2. Salute your union with God.

Speak out loud, and in a clear and resolute voice salute the Divine within you. Proclaim your desire for union and continued closeness with your soul as part of the Creator's spirit. Whatever words or thoughts come to you, whatever symbols or feelings flood out, accept these as your soul's voice, sealing your commitment to live in an empowered way.

3. Keep your heart open to your personal power by watching your breath without needing to change its rhythm. Remain centered in your special place, accepting the gift of empowerment.

Nothing will be beyond your inner knowing if you can accept that flowing through you now is spiritual energy that will lead you in new life-affirming directions. Continue to affirm your connection to the God within and the infinitely magical web of living things around you in the world. The more often you commit to this or other expressions of Divine bonding, the more stable and secure you will be in your life.

Experiences of creating conscious appreciation of your spiritual link may well produce feelings of a shift somewhere deep inside you, a sense of coming home, of finding love once again, of feeling an acceptance of yourself for who you already are. These loving feelings enhance personal power.

Personal power based on Divine Love gives you a different view of all life. You understand that you have always known on some inner level that you and God are one. You realize you're

connected at the heart to a very real universe.

From this moment on, no fear is too large to swamp you; nothing can overwhelm you for long. You are the ocean, not the wave; you are a human aligned with personal Divine Power, no longer a human alone, separate, and unsure. ✨

As I began returning from Mentor's guided meditation, I felt soothed, as if all the tension of everyday stress had been removed. I had made my statement affirming my connection and felt momentarily "there." It was exhilarating and yet so simple. As my mind jumped to consider the other ways this wonderful tool of centering might be used, Mentor apparently read my thoughts and added this afterthought.

✨ *You may wish to know of other specific ways of accomplishing this centering to improve your living situation, personal relationship, career, or other aspects of your physical life. Personal power is open-ended; it is yours for the claiming and can be focused in any direction or toward any relationship.*

As you draw in personal power, you become strengthened emotionally, strengthened to the point where rather than only surviving on the Earth, you prosper on it. Each individual creates an on-going picture of his or her experiences. This picture continues to shift and change for as long as physical life continues. The picture of your life is colored according to the decisions you make, and the decisions you make are colored by your closeness or lack of closeness to the Divine. Each moment of each day you do indeed live a little more fully and lovingly, or you die a little more to life's joy and opportunities for you. Choose to explore your personal power connection. Make the intentional shift to a God-ordered existence, and you will live forevermore a changed person. ✨

Beyond Personal Power: The Consciousness Shift

✨ *The responsibility for living harmoniously on planet Earth rests with the individual. As each person accepts his or her spiri-*

tual heritage of knowing the Divine as love, each person is able to claim a different path to walk in life. As enough people find this universal path toward God as love, humanity will bring forth a new energy that will gradually swing the Earth's energy into appropriate phase with all other living systems on and off the Earth. This period of awareness will happen, but only as each man and woman looks beyond the exterior to the interior of his or her being to discover personal power through connection to the ultimate of all energies. Realization of your connection to God is a gift to all others, for it helps encourage the process of readiness for many other people.

The Earth is presently an atmosphere of very confused energy. Humanity's troubles are pressing, yes, that is true. But I'm not suggesting that people have taken a wrong turn on their evolutionary journey, only that a new corridor is opening and must now be taken. The result of humanity's present floundering does have the Earth in a state of "neutral." By "neutral" I mean disengaged from positive forward momentum. Too many citizens of the planet wait hesitatingly for something or someone to tell them how to act to make life better and fairer. This knowledge and this guidance, however, comes to you only through a different kind of relationship, one that connects you to a source of energy rather than to a physical leader.

"Neutral" can be a very dangerous space, as Earth's people are discovering. For "neutral," by its very definition, means assuming a non-choice or refraining from making a choice, and in this case no choice is a choice. When you make no other choice, you choose the status quo. Unfortunately, there is no status quo, since nothing remains the same for even two consecutive seconds. Change is a dynamic that must be recognized and embraced. Acceptance of change will be crucial as the Earth shifts into forward gear.

People must learn to be unafraid spiritually even if they are overcome with fear emotionally. For survival in the psychological as well as physical traumas of the twenty-first century, the individual must be prepared and sustained by the teachings of the spirit in order to give birth to changes that must follow this stage of dwindling Earth-School effectiveness.

Thus if positive change is to build, you have need of learning about personal power, its creation, and its focus in the present moment. As the physical plane becomes more and more disrupted through “acts of nature,” it will be imperative for each individual to know of his or her connection to powers beyond this phase of disruption. As people reach to realize their personal power connection to God, they will not only be lifting themselves beyond the reach of the physical calamity but also allowing the planet to gain momentum in its upswing into intentionally compassionate living. This process is the forthcoming massive consciousness shift. Power, to be effective in each life, needs to be personalized. Until you make the commitment in your own life and each person does the same, fear and fear of change will continue to hold sway over planet Earth. ✨

“Acts of nature”? “Massive consciousness shift”? My heart sank as once again images of planetary destruction appeared in my mind. Even the consideration of Earth changes and notions of Armageddon caused me to want to postpone considering or questioning Mentor further on the subject. Yet Mentor was seemingly referring to “acts of nature” as a matter of fact. I could not bring myself to question him directly on the possibility of such destruction. On some level I hoped that his continuing communication would help allay my anxiety. As if in deference to my wish to move away from fearful images, Mentor shifted his theme from personal power to group power.

Group Process: The Power Squared

✨ *We have spent considerable time investigating personal power, what it is and what it means. Now let us look at power on the larger scale. Group awareness, group effectiveness training, group dynamics, and group counseling are familiar terms, and all hint at the lesson of recognizing and learning to use group power appropriately and effectively. Indeed, the world needs to learn of group dynamics in order to move into its new course of harmonious realignment with the sacred.*

The usual attitude toward groups is that they are necessary

for some decisions. But are you aware that the energy or power of a group with a common vision, the actual units of energy generated, increases in direct square proportion to the size of the group?

If the power of a group is the number of the people within a group squared, you can see quickly that each group's power increases exponentially with size. This power is the power of creative energy that can manifest in specific physical form, bringing peace and an awakened humanity to your lands much sooner than they would otherwise arrive.

The actual units of power to change and create thoughts and actions grow in greater proportion when in a harmonious group than they grow in a unintegrated group.

For example, a group of people comes together to start a school. The collective vision is the same as the individual vision. Through discussion, and also disagreement, the specifics of the group's goal begin to take shape. The people involved in creating the school have become a unified body with a goal and means of reaching that goal. If there are 25 people in the group, then 25 times 25 (or 25 squared) equals 625 units of viable energy. The comparison is between 625 units of energy manifested by the unified group compared with only 25 units of energy that would have been manifested had they been unable to form a unified body. As you can readily see, those in a small unified group would have potentially more power than those in a much larger but fragmented group.

Let us consider the world as a group—a group of continents, bodies of water, and, most important, a group of people. What kind of power is it possible for this world group of people to generate?

At present (1995), mass awareness is beginning to take shape on an individual level, and groups are beginning to acknowledge their mutual interests and desires for the Earth's systems and for humanity's evolution. As people awaken to this shared sisterhood and brotherhood reality above and beyond regional, religious, ethnic, or cultural group differences, they see the power of global dynamics shift. The largest and therefore most potentially effective group is the world group. If there are approximately 5.4 billion people on planet Earth, then it would take a unified group of only

about 73,500 people to effectively shift the mode of the planet in favor of that group's energy (73,500 times 73,500 equals 5,402,250,000). In the United States, where there are approximately 300 million people, 17,500 people with a unified vision of global peace and human dignity would have the equivalent potential power to facilitate this consciousness shift.

It is also possible to effect the necessary planetary changes through combining smaller but already aligned groups. The key is to have human beings, rather than seeing themselves only as isolated victims of a violent and fragmented world, consider their situation in the broader context of becoming planetary beings and working toward this end. ✨

The notion of people uniting for a common goal—to end famine, ethnic wars, terrorism, and even the self-interest of those in authority who resist essential changes to benefit everyone—what a thought! To consider expanding the groups that were already praying for peace, trying to save vanishing species, or seeking to lessen and eventually eliminate pollution—perhaps these were really the avenues to helping move life in a more positive direction. I remember a piece from the Bible in which Jesus implied the existence of the power of the group squared when he said, “. . . for where two or three are gathered together in my name, there am I in the midst of them.” (Matthew 18:20).

This understanding of personal power dramatically shifted my definition of the word “responsibility.” None of us is truly able to say that there is nothing we can do to change the problems of our world. We are, each of us, responsible for the well-being of our planet. And working together, united in our intention, we have the capacity to overcome our Earth's difficulties and make choices that can help ensure our species' survival.

Planetary Destruction or Spiritual Awareness?

✨ *The world as a group can remain a poorly integrated and ineffective body or it can become a viable unified group. The world group*

has options. It possesses the power to manifest mammoth planetary devastation, destroying much of Earth's life in its wake. The world group also holds the power to creatively manifest a different reality, a reality of spiritual awareness, or one in which each person acts in accordance with his or her own vision. So, which will it be?

I can tell you that the massive nuclear holocaust that you so fear is unlikely to occur because forces of the universe are working to prevent it. These forces are many different life forms, some tangible and some remaining as pure spiritual energy. While the seeds of the new awareness or consciousness shift are sprouting and starting to grow in every part of the world, nevertheless the predominant thrust of humankind is still toward aggression and self-interest, with no well-defined spiritual objectives.

Humankind's predisposition toward aggressiveness keeps the energy of cooperative community and shared interest at bay. Self-interest also gnaws away at the Earth's natural resources and the integrity and self-determination of the indigenous cultures as they seek to live in a highly materialistic culture. You will inevitably experience, individually and collectively, the energy of these woes. A great and terrible pain is already being experienced by people and creatures alike, causing havoc and despair on many levels of the psyche.

While the angels, teachers, and beings of light who are working as Divine emissaries will seek to disallow at the energetic level any large-scale nuclear destruction, you still live in a land of free choice. Those who help spiritually from the nonphysical worlds will not seek to prevent physical calamity from touching Earth if it is brought about by the people themselves. Calamity will stand as a powerful learning experience. The choices rest with each individual, for it is the individual alone who makes up every institution, social organization, and political regime.

The creation of a spiritually attuned world can happen with or without the fearful physical changes that are forming in response to human indifference and negativity. If humanity is to turn the tide away from physical destruction of the Earth, then the world group of which I speak has grave responsibilities. Each

person must learn to be a living and praying part of this group. Each person must learn to accept responsibility for partnership in this wise governing body that speaks both for those with a voice and those without it.

The world group will grow in energy as individual members recognize that they have power as they share their ideas and ideals with others who live next door and in faraway places. Connecting your vision with others is the way to bring about desired change. The members of the world group, the people of the world, will grow in power. The impact of their power will be felt as they learn to bring personal power into their lives. And as I've said, personal power begins with one's relationship with the Divine and the drawing of "right intention" into one's life and one's living.

Personal power is the issue at the very heart of the disaster crisis. For without personal power, the individual will too long remain frozen and inactive, and all will gradually slide beyond recognition into depression and loss. With a realized vision and a means of achieving this vision, personal power is awakened, and the individual and world group will slow the insidious moral and physical decay. You have the right—yes, you individually have the right and responsibility to challenge the direction human evolution is carrying you and all others. With every small decision, you change the destiny of humankind. ✨

There it was, the ultimate challenge of survival: either we would discover individually who we really are as aspects of the Divine, or we would perish from ignorance of our true connection. The primary responsibility for survival was shown to be an individual one; the secondary responsibility was that of the group, people uniting to change the course of evolution. If the "up side" seemed presumptuous or grandiose, surely the "down side" was unthinkable.

True to everything I had learned about Earth School, Mentor was saying that, except for nuclear destruction, humanity would have to seek its own solutions from natural disaster. The seeds both of humankind's salvation and its destruction have been planted. The question was whether or not individuals and then groups would

awaken in time to correct the course of the impending troubles.

I shared these passages with Jim. His comment about natural disaster was that nobody was going to believe it—or, more important—that a single person would be unable to play any significant part in changing the outcome. “We have had plenty of people predicting the end of the Earth,” he said. “Why would anyone see this as anything other than another doomsday prediction?” In response to Jim’s question, I asked Mentor to continue to explore humanity’s involvement and reaction to Earth changes.

The Ionosphere: Earth's Aura

✧ *Since you have concern for a more detailed look at potential energy imbalances, let us consider the actual nature of the negative energy that is influencing the planet and also the atmosphere.*

Negativity (negative energy), in the form of individual thought patterns, magnified many billions of times, is capable of creating a physical imbalance within the molecular structure of the ionosphere by diminishing the ozone layer. A weakened ozone layer allows more outer space pressure and influence to be felt on the Earth’s atmosphere and surface area. These changes in gravitational pull alter the ocean tides and the movement of land masses. A weakened atmosphere also introduces dangerous radiation, which damages human tissue and changes the normal climatic conditions, warming the atmosphere and melting the polar ice caps.

The weakening of the ionosphere allows undue gravitational pull to eventually upset the essential Earth balances so that the entire planet could buckle in on itself.

If one accepts the fact that thought patterns are the real basis of communication and are thus the power behind words and language, then what is being projected at the energy level in the minds and hearts of human beings is the determining factor in increasing or decreasing the density of the ionosphere. The various “greenhouse” gases are not alone responsible for the ozone problems; the negativity given off by humanity’s pain and fear is, in fact, the primary energy breaking down your atmosphere.

You realize that energy, as thoughts, influences the actual nature of life and death, or change, of all physical or gaseous substances. If you imagine that humanity's thoughts, the aura surrounding the planet, are colored according to the positive and negative intentions and feelings of humanity today, what color do you imagine the ozone layer would be? Would it be the colors of white (perfection), gold (healing and positive change), blue (peacefulness), green (healing), violet (spirit)? Or would the atmosphere be colored instead gray/black for negativity and impending transformation?

The collective energy given off by people and all living things creates the dominant atmospheric conditions. If people are living in meaningful ways and finding value in their lives and are managing, for the most part, to get along with others, then the overriding energy that rises to the atmosphere is positive, and it strengthens and heals. If, by contrast, the people and living things of the world are feeling sad, afraid, hurt, and in turmoil, negative energy is what rises to influence and weaken the atmosphere and erode the ozone layers.

I'm suggesting that every prayer and action of positive and loving intention helps restore the ozone. Because this layer of Earth's atmosphere is so sensitive to energy feedback from the planet, the ozone levels act as a very accurate monitor of the life-enhancing or life-diminishing energy experienced on Earth. Earth's ionosphere is easily read by other realms of the galaxy and universe, just as all developing planets can be monitored through their auras, or the colors of their energy fields.

Let us look more closely at your ionosphere. The ionosphere is the atmosphere outside the stratosphere, beginning about sixty-five miles from Earth's surface and extending for several hundred miles out into space. It forms a protective barrier around the Earth, preserving the balance in your atmosphere by screening out hazardous heat, radiation, and numerous toxins from the planet's surface. Earth functions smoothly as long as the ionosphere is healthy.

Destruction of this protective shield through nuclear blasts, off-gases, and poisons as by-products of industrialization and materialism, or through the unrelenting and overwhelming fear

and negativity in the world, can cause the demise of the ionosphere and thus of Planet Earth as you know it.

You might wonder why the ionosphere has not been destroyed in the past as a result of the wars, atrocities, and intense negativity that have existed from the beginning of humanity's time on Earth. Negativity or negative energy has an eroding effect on the ionosphere, and while the ionosphere was very dense ten million years ago and able to withstand the inevitable negative energy given off from a developing Earth School, it has nevertheless been reduced gradually to a critical level of density. You are now (1995) approaching a crucial time in which the density of the ionosphere has become so weakened that it is in danger of disintegrating altogether.

This thinning of the ionosphere is not occurring because of poor planning for your Earth's longevity; it represents the allotment of time given for a developing world to shift from the partisan and self-centered mentality of a developing world toward the group orientation of cooperation and benefit for all.

This potential shift from the unrealized to the God-realized is similar to the path a yo-yo takes as you thrust it out of your hand and allow it to fall toward the end of its string. A yo-yo can jump back up its rope with a snap of the wrist, or it can dangle limp and lifeless on the string if the wrong wrist movement is applied. Let us assume that your Earth is the yo-yo and the handler is the Divine Source, feeding out a lifeline in the form of a certain amount of time (years) allowed for the Earth School to move into its next state of spiritual development. In fact, the Earth has reached the end of a period, the end of the rope, and is, as I've suggested, in neutral—poised for new movement or for no movement at all. The question becomes: Will energy be generated by humanity to propel the Earth into its new spiritual direction of transformation, or will the Earth be reduced to its essential energetic parts and returned to space?

Who is part of the spiritual transformation under way on Earth? Every person with a realization of his or her own personal power will be able to speak up. Greater and greater numbers of people will feel the tension of Earth's pivotal period of transformation. Yet with shared positive vision and energy for change, human-

ity can propel Earth onward and toward its Divine evolution.

For those developing Earth Schools where life force is insensitive to the lethal energy shifts on the planet or in the environment, and where sufficient positive energy to effect a change in general awareness is lacking, then the planet becomes hopelessly stranded, unable to ascend into its new path. The atmospheric protection or other life-supporting elements disintegrate, and all energy re-merges with the universe. This is the way of things. This allotment of time is different for each planet, but a time-line for each developing Earth School is a fact.

The ionosphere is the Earth's protection and is also the barometer of the positive and negative energy levels of the planet. The ozone layers need to have their mass rebuilt because further depletion puts all life in the "critical zone." Act now through prayer, through changes in lifestyle, to enhance and appreciate all life, and through acts of love and kindness to help your planet and all who live on it in this time of need. Don't wait too long to change. ✨

I could hardly bear to read Mentor's words. Yet his comments were so coherent and filled with substance that I hoped they would be strong motivators for my own family and others with whom we spoke.

Jim was as astonished as I was at the many details Mentor provided in response to our request for specifics on the relationship between humanity's behavior and actual Earth changes. We were amazed at the wealth of substantiation behind Mentor's general statements about negativity and Earth's possible natural destruction. We were hoping to find the means of connecting our physical world's problems with the energy of intention that, as thoughtful people, we can use to help heal planetary imbalances.

We wanted additional clarification of the form natural disasters might take. We had heard various prophesies about Earth changes, land masses going beneath the sea while new masses arose from beneath the Earth's waters. What could Mentor tell us about potential Earth changes and other natural disasters?

Earth Changes Explained Further

☼ We have talked of humanity's development to date and its interest in supporting life built on physical world need and greed. I have also suggested to you that the balance must shift toward a different focus. And there is a consciousness shift under way to bring about the next stage of Earth's development.

Quite literally, "Earth changes" refer to any change, external or internal, on the surface or in the nature of Earth, or in the individual. To this extent, Earth changes are perpetuated on a constant basis by natural circumstance. The Earth shifts just as consciousness shifts, and so changes in the Earth's physical nature will be always an ongoing process.

The Earth's environment is a natural forum for continual change. Be wise and accept that it is unrealistic to expect life or the Earth to remain constant, for it will not. The Earth is alive and regenerates some parts and sloughs off others on a continual basis, just as your own body does. Land masses do rise and fall, and this will continue to happen as long as a physical Earth is in existence.

These natural shifts arise not solely in response to humanity's activities, although humanity's disregard for natural law is surely a very real and present factor. If you build a house on a sand dune, and then the ocean rises and sweeps away the house, is this an unnatural process, an aberration? No, this is the result of the water changing course and moving within its natural rhythms, sometimes generating low tides and other times high tides. The solution is to avoid building your house on the edge of the water in the first place. To do so shows a disregard for the water and its natural ebb and flow.

Let us consider some of the means through which you can influence changes in the environment that are wrought exclusively by human activity in the form of over-industrialization and over-use of natural resources. The goal in understanding Earth changes is to accept that you are part of a living organism, the Earth, and so you are learning wisdom by having to respond to this continually changing planetary ecology. You are also to learn the ways you can bring conscious intention to ameliorating the physical stressors on Earth that are within your means of controlling or changing.

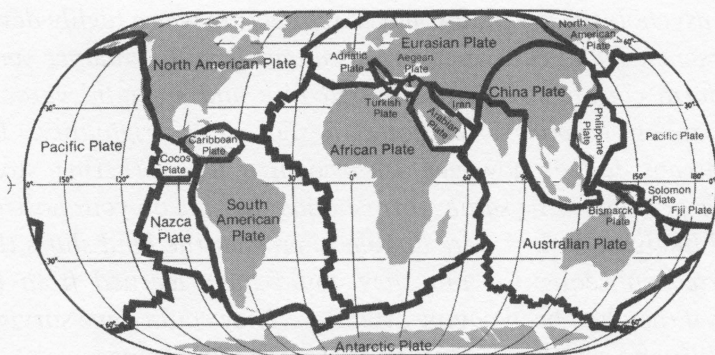
Disturbances and eruptions of all sorts, both within the Earth and on the Earth's surface, are occurring in relationship to the weakest energy lines of the Earth itself. When you understand the weakest aspect of the Earth's energy field, you are in a position to stem Earth-based problems, changes, and calamities that are generated in large part by human activity. Let me share with you ideas about the Earth's energy.

Fault lines are surface cracks, fissures, or weakened areas arising from unstable in-Earth energy conditions. The Earth's continents are supported by massive shelves or plates of rock. These plates are constantly in motion, grinding against each other, causing continual change. The turbulence produced from this friction translates to the Earth's surface as fault lines. Bizarre and erratic weather phenomena and earthquakes, tremors, and eruptions of all sorts are most likely to be observed along these fault lines, where the tension is the greatest.

This is the purely physical explanation. There is also a corresponding spiritual energy explanation. The approximately twenty subterranean plates are not inanimate sections of dead rock but are, in fact, alive energetically. These plates are mirrors of the energy patterns above them on the Earth's surface. The plates mirror not only the present civilizations' energy but also those that have existed previously.

Positive and negative energy patterns from humanity, once created, continue to exert influence on the Earth, the subterranean plates, and the atmosphere, until transmuted and allowed to return to the universal stream of awareness. Each thought lives as a "real thing" long after the person who created the words is dead. The positive and negative thoughts of every individual continue to influence each individual continent as well as the planet at large. Thus each plate has its own distinct collection of energies.

For example, Agartha, look at a standard physical world map, and you will see that the North American Plate is the land mass under your country. It is bordered to the south by the Caribbean and Cocos Plates, to the east by the African and Eurasian Plates, and to the west by the Pacific Plate.



The Tectonic Plates

The negative and positive energies that make up the North American Plate are the energies given off by the people who are living now and all who have ever lived within this area. This includes:

- 1. The initial people who crossed to what is now Canada over the land mass that once connected North America to Europe.*
- 2. The Atlantean civilization that was located off the south-east coast of North America.*
- 3. The Central American people, including early civilizations like the Aztec and Mayan.*
- 4. The early Native American cultures located in what is now the United States.*
- 5. Emigrants from other parts of the world who came to the "new world," settling the lands of present-day America and Canada.*

The individual thought patterns and actions brought into being by each of these contributing groups have accumulated to form the current-day energy of the North American Plate.

Consider, for example, the way Atlantean society developed as a civilization of beauty and advanced learning. Atlanteans were adept at astronomy, astrology, geophysics, geology, medi-

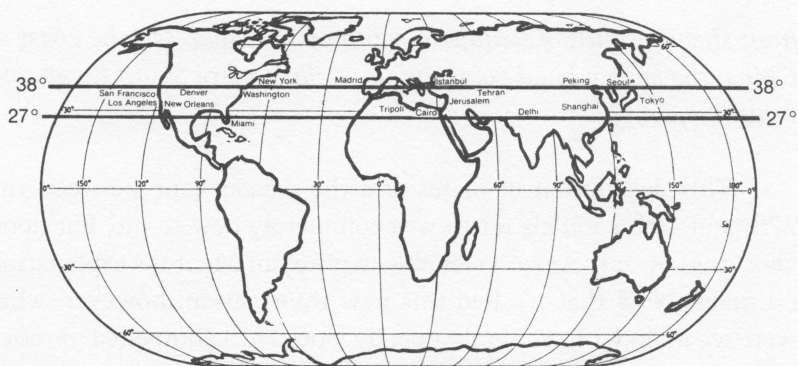
cine, psychology, and philosophy. Architecture was a highly developed science, and construction was an art form to enhance space and form concepts. Atlanteans had rare and splendid gardens, with much emphasis on color, design, and originality. The Atlanteans failed, however, to recognize the gathering storm clouds of change, the same storm clouds that are on your horizon. In all likelihood, they were unable to prevent the land shifts that occurred subsequently, but they could have learned from the Earth if they had been paying attention. They could have survived the shift and set out for new lands. They had warnings.

Instead, Atlanteans felt invincible—much like the captain of the ship Titanic, who ignored the repeated warnings of approaching icebergs and through this arrogance ultimately lost his ship and the lives of many people. When humanity pits itself again nature, it will always lose. Respect is called for. Humanity must bend to other, vaster energy systems—namely, your Earth home and the Divine energy influences contouring all evolution. The respect I'm speaking of is spiritual wisdom. The process you are learning is one of walking in a partnering way with all life. Remember, it is always better to bend to change than to assume a rigid posture. ✨

Earth's Weakest Link

✨ Fault lines are obvious stress points from movement of the tectonic plates. But let us now consider another aspect of instability in the Earth's energy field, one that accounts for many of your most immediately pressing natural-systems problems.

A major band of unstable energy bisects the Earth between the 27th and 38th parallels north. This area is the weakest zone in the planet's energy field and therefore the area most susceptible to every type of physical disturbance. If you were to draw lines on a map making the 27th and 38th parallels north stand out, and then you drew dotted lines several hundred miles north and south of these original demarcations, you would see that many volcanic eruptions and earthquakes have taken place within this area—cer-



The 27th to 38th Parallels North:
Earth's Weakest Link

tainly, those that have caused the most problems to date, such as Mt. Aetna, Mt. Vesuvius, Mt. Fuji, Mt. St. Helens, and El Chieon. The dotted lines represent unstable energy radiating out from the original band, hundreds and sometimes thousands of miles away. When an earthquake or in-Earth eruption occurs, the vibrations travel along and away from the band. The distance the shock waves travel depends on the density of the Earth at those spots.

Looking again at the map, you can see that the band between the northern 27th and 38th parallels, moving from west to east, includes: Midway Islands, California from San Francisco south to Los Angeles, San Diego and half way down the Baja Peninsula, across the United States lining up on the East Coast with Washington, DC, and south through Richmond, Raleigh, Wilmington, Charleston, Savannah, Jacksonville, Daytona Beach, Orlando, West Palm Beach, and Ft. Lauderdale. Continuing east across the North Atlantic Ocean, the Bermuda Islands, Canary Islands, and the Azores fall within this unstable fault area. On the European continent from slightly south of Lisbon, Portugal, to the African continent including Casablanca, Morocco, the unstable band of energy continues through the Mediterranean to Athens, Greece, and southern Turkey on the north, and then south through Algeria, Libya, and Egypt. The fault area flows through Iraq, part of Saudi Arabia, all of Iran, Afghanistan, most of Pakistan, and northern India. The northern tip of Burma is included in this unstable area, as well as central and southern China,

from slightly south of Beijing to south of Shanghai. Off the coast of China, the energy band continues to include all of South Korea and central Japan. ✧

This description of plates and the danger zone between the 27th and 38th parallels north was completely new to me, but upon checking several sources I was able to pinpoint Mentor's explanation on maps. Now that we had this new information, however, what were we to do with it? Surely nobody would feel compelled to move to safer territory as a result of this information. And I was sure that Mentor had given this information not to make people move to a safe zone but to help them learn to make the whole world safe. What could be done to avert possible disasters? To my great relief, Mentor continued this discussion with a series of meditations that we could use to help heal and support these troubled areas.

Correcting In-Earth Energy Imbalances

✧ *Very few people are aware that it is possible to neutralize negative energy originating from present-day civilization and the Earth's earlier cultures. You can recognize negative energy and learn to release it to the forces of Providence, which transmute it, reintroducing it to the atmosphere as usable energy. I'm defining energy as negative when it is the result of nonloving intention or action.*

Healing of fault lines can and should be undertaken by individuals and groups interested in and dedicated to the protection of planet Earth. The most effective way to protect the Earth and increase her power is to become concerned with the healing of the major band of unstable energy between the 27th and 38th parallels north. In light of this, here are some specific meditations to be considered. ✧

In-Earth Healing Meditation for Groups

- *Sit in a circle with eyes closed.*
- *Concentrate on projecting your own healing energy into the center of the circle, letting it merge with the healing*

energy present from other members of the group. (Spend at least five to ten minutes allowing maximum energy to be generated by each individual.)

- Arrange ahead of time to have one person begin chanting or repeating a healing mantra, such as "Love heals and balances all."
- Stop the chanting and mentally visualize a golden or white light of combined energy from the group that spirals upward and outward to the specific band or fault in question. (This site should be determined ahead of time.) See the spiraling energy then descend to the physical plane, balancing the in-Earth energy vibrations in the designated areas.
- Each person then quietly repeats to himself or herself, "I place my hands on the energies in this place, reconciling in the name of the universe any imbalance or imperfection that may exist."

In-Earth Healing Meditations for Individuals

"THE ENERGY BALLOON"

- Reflect on the thought: "God is the movement of love in all things."
- Allow the energy of this mantra to gently build in your body, expanding your aura. Feel yourself becoming filled with cosmic power, and allow this energy to infuse all your visions with the power of manifestation.
- When this power feels large enough, release it much as you would a balloon. Will it to drift to the area of greatest need that you want to heal.
- Let this balloon of cosmic energy merge with all other loving thoughts descending to the physical plane at the site of physical distress, augmenting the positive balance in the weakened area and allowing any and all imbalance to be nullified.

"THE FOUNTAIN"

- Sit quietly, placing your hands together, palms touching, fingers pointing upward. Raise your hands upward until the

tips of your fingers are at forehead level.

- *Visualize streams of white light pouring from each finger and falling to the ground.*
- *Ask that the cosmic energy you are drawing through you be allowed to enhance the life force energy of the Earth, eliminating all imbalance within the internal structure of the planet and allowing the strengthening of the area between the 27th and 38th parallels north (or whatever specific fault line or area of physical stress has been selected).*

Ionospheric Healing Meditation for Groups

"THE RHYTHM WHEEL"

- *Lie in a circle, with each person's feet facing the center of the circle, thus forming a wheel.*
- *Have one person sit outside the healing circle. This individual must create a steady rhythm, such as with the beating of a drum. The purpose of this sound is to unite the energy of each person's meditation and build a wheel of energy in which each person participates. (The drumming should continue for at least ten minutes.)*
- *When the person outside the circle feels the energy is strong enough, he or she should stop the beat and encourage each person to send the energy out through his or her head to merge with and replenish the Earth's atmosphere and ionosphere.*

Ionospheric Healing Meditations for Individuals

"THE COSMIC CURRENT"

- *Sit quietly in a relaxed position.*
- *Place your arms over your head in the shape of a circle. Sense a golden light of healing cosmic energy growing within the circle. See it become brighter and brighter as each person's healing powers are called forth.*
- *Release this energy ball by opening your arms. Project this golden energy balloon upward to the ionosphere, to the layers of*

ozone. Allow your arms to fall slowly to a comfortable position.

- *Imagine this ball of energy touching the depleted levels of ozone and adding density and strength to protect the world.*
- *Each person should repeat to himself or herself: "I ask that the flow of cosmic current be forever directed toward the protection of Planet Earth."*

"THE FLOW"

- *Sit quietly in a relaxed position.*
- *Visualize a stream of blue energy. Let this stream represent the stream of continual life, the cosmic flow.*
- *Draw the stream of energy into a circle moving slowly around your head.*
- *Enlarge the circle of energy, and now imagine it encircling the entire Earth.*
- *Continue to enlarge the circle of blue energy until it extends a hundred miles out in space and becomes part of the Earth's ionosphere.*
- *Visualize the Earth and its atmosphere as receiving cosmic love and energy from this circle of blue healing energy.*
- *End with the thought that this flow connects all living things in love. Meditate briefly on this thought. ✨*

Mentor never expressed emotion in my sense of the word, and yet from the detailed explanations and meditations he gave me, Jim and I knew Earth's survival was a matter of galactic significance and beyond. We were eager to begin working on these meditations to heal the planet. A number of our friends were also interested in helping, and we resolved to gather for celebrations to do what we could.

We have since learned that there are many groups working on general Earth healing as well as healing specific areas of geological disturbance. While we have no way of actually measuring what good we accomplish, we trust that our efforts are well served. Certainly, our caring is, at least, symbolic of our positive intentions and, at the most, extremely effective. The networking

of individuals all over the world continues, as people reach out to their vision and respond to that of their fellow human beings.

The crucial question is whether enough people can gain enough awareness to propel Earth and humanity through the planetary shift at hand. While that answer is apparently unwritten, it is obvious that we are able to count on a great deal of help and motivation from the angelic forces.

Will Earth Survive?

✧ *Disaster and survival need not be mutually exclusive. In all probability there will be degrees of disaster and of survival. The longer the Earth's people avoid making course corrections, the greater the probability for increased disaster and decreased survival. At the point where humanity's combined energy becomes sufficient to stem further deterioration of the planet, then disaster decreases and survival increases.*

All universal teachers, both those manifested into physical form and those fully spiritual, are working toward the reality that Earth will be able to gain momentum in a reconstructive mode, harmoniously aligning planetary energies with humanity's to avoid heavy bloodshed. A depleted ionosphere will, however, continue to be the source of increasing Earth changes, triggering a wide and deadly range of natural upheavals on Earth.

The choice is each person's, Agartha, to use personal and group power as it can be used for the advancement of humanity or to stand by and do nothing. You have all chosen this Earth and an Earthly existence, and so you are capable of participating in this Earth shift and of learning from it.

As people move through each day, they must realize they are choosing not only their own course but also the course of their planet. Every voice is heard and counts in this rush to understand and explain the direction in which Earth moves. The choices that are made this day will determine the planet's future or lack thereof.

The Earth has been set on a physical course. The United States has likewise followed a purely physical course, but now

the physical has gone as far as it can go without a recognized spiritual voice and perspective. As humanity recognizes its physical limitations, it effectively opens itself to the vision of the future, and this vision becomes the course by which it sets its standards.

Earth and humanity stretch to realize their destiny of aligned harmony with all life. We strive, as you do, to avert excessive and needless anguish and will rejoice as the human species moves toward the pinnacle of ordained brotherhood and sisterhood. ✨

6 *Creating Physical, Emotional, and Spiritual Balance*

*“Bring the attention of your mind to bear on the
intention of your spirit,
Accept the wisdom of your body as you claim the
power of your soul.”*

—MENTOR

OUR SPIRITUAL JOURNEY FORCES US TO confront our greatest fears over and over again until they lose their power to control us. Of all the spiritual principles that Mentor and I explored, perhaps the most frustrating and difficult was this search for my own authentic self. I sought to know and accept myself without judgment so I could do my work in the world without being driven by fear of criticism or rejection. I believed without a shadow of a doubt that life exists beyond this reality, that consciousness is immortal, and that we continue to evolve well beyond the human experience. I realized many people would disagree with these premises, the ones upon which I had based my spiritual work. In order to feel safe in doing my healing work in the world, I knew I'd

need a different relationship with my own inner authority.

I found that I was far from alone in this struggle for inner acceptance and that most people felt they were more genuine on the inside but also were afraid of being rejected if they showed others not only their true gifts but also their real fears. We all share a fear of letting others know us as we truly are because we anticipate criticism, rejection, and abandonment.

Our fear of being left, abandoned, and cut off from the love we so desperately need from others is the single most threatening fear people deal with. I'm convinced that all other fears are secondary to this primary need for love.

As I gave myself permission to "name" my feelings and to be more confident in accepting myself and my feelings without needing to judge them right or wrong, good or bad, I found a wonderful sense of inner peace beginning to take shape.

The greatest gift that Mentor was giving me was the courage to confront my fear of being abandoned. In this search to find myself and to discover the balance Mentor described, I was led to the spiritual quality called trust.

Throughout the months and years of my work with Mentor a subtle shift has taken place: I've renewed my spiritual pact with myself. A rekindled faith in my own instincts and in the world at large has emerged along with the growth of my self-acceptance. I have faith in myself because of Mentor's grace and tender care of my deepest needs and fears, and conversely my faith in Mentor continues to grow because of trusting my own instincts and intentions.

My experience of doubt about my own worthiness and authenticity has given way to a renewed compassion for all people everywhere, because we all struggle in similar ways. What created the safety and the loving environment in which I could face my own shadows was my belief in Mentor. Without a safe and loving environment, one without criticism or judgment of any kind, we will never explore our inner dimensions, and we'll lose the benefit of knowing, accepting, and loving who we truly are.

Faith in ourselves, no matter the way we arrive at it, is essential in our spiritual search for balance.

Every Life Is Part of Every Other Life

✧ Every living thing is both a whole system in and of itself as well as an essential part of other systems. Every living thing is also made up of the same elemental shapes, structures, and patterns, all of which function in accordance with the same baseline universal principles. When something is true for planet Earth, you can assume that the same thing is true, in some way, for a single cell in your body. If animals thrive in a loving environment, for instance, is your body, and are its individual parts, any different? No. Does your pancreas or your big toe need love to heal? Yes, they do.

You might also be envious about the structural similarities between your body, the Earth, and the cosmos. Consider the crystalline structure of urine, for example, and its resemblance to the crystalline structure of a snowflake—which resembles the pattern of a dried lava bed—which resembles the pattern in an assembly of stars and planets within a solar system. If the pattern of stars and planets is altered ever so slightly because of intergalactic explosions and changing states of energy, then can you remain unaffected? No, you are affected by every change whether you know these changes are taking place or not.

As you expand your understanding of your sphere of influence and of being influenced, you find that the physical universe is a collection of many living parts, including humanity and all of Earth's ecology. Like circles within circles, all living systems fit within each other and are ultimately both self-contained working organisms of different sizes and complexities and members of other more diverse systems of life.

The sacred shapes, currents, and rhythms of life, as you know them from the natural world around you and the nature of your own physical bodies, tell you that to understand yourself and to find balance and health in yourself is to understand the ways that you respond to external and internal influences. ✧

Creating Balance in Imbalance

✧ Your search for your total well-being and balance involves understanding your interrelatedness with all of your internal systems as well as your participation in systems larger than yourself. In this way you find your deep instinctual self, the spiritual essence capable of directing your life.

You can expect to heal, which means to make peace with whatever lacks you are experiencing by finding the perfect balances in your life. Balance allows your body to carry on many functions all at the same time. You can digest your lunch while watching a red-winged blackbird fly past your window, while typing a letter to your sister, at the same time you consider whether or not to have pizza for dinner. Balance is what is lost in disease, and balance is what is at present diminished within the Earth's natural systems.

How can you hold your own balance emotionally and spiritually when life is difficult and every moment is filled with pressure and upset? In what way can your body hold its balance in a stressful world filled with violence, poisons, and rampant disease? How do you create balance? To find balance is to understand that balance is not lack of movement but "flow." Change is a part of balance. To find balance you need to understand the principle of imbalance, which is seeking to have the nature of things be other than they can be.

Let me pose several questions that may help you better see the means of creating balance within your own most challenging circumstances. Is a leaf hanging on a tree in or out of balance? Is this same leaf in or out of balance as it falls to the ground? What about when the leaf is picked up by the water of a small stream and winds its way through a forest? Is the leaf in or out of balance when it suddenly finds itself floating in a raging river tumbling down a deep canyon gorge?

The leaf is in balance as long as it remembers that it is a leaf and that it can float. It would be pointless for the leaf to tell the tree to hold onto it forever. It would do no good for the leaf to tell the air to hold it eternally in suspension, or to ask the stream or river to act other than according to their own natures. And so the secret of balance is to act according to your nature, to trust your own deepest instincts, and to

expect that your circumstances will change continually as a result of the nature of other people and events. This is inevitable.

Find your balance as part of the natural ways of life around you. Float over and around the opinions of others or other difficulties or apparent obstacles, and in this way nothing can hamper or impede your movement. If you seek, however, to change the nature of the air, or water, or the basic nature of another person, you will meet only failure for it is impossible for you or others to become other than you are.

The unfolding events of life are beyond the leaf's control, and they are beyond your control, too. As the leaf looks to its instinctual nature, its spiritual essence, it knows it can float. Is your instinctual nature telling you that you are a healer or able to offer wise counsel? Do you recognize that you hold a spiritual vision and can help those you live with or work with to find peace and maintain harmony? Perhaps your nature is to birth new forms as the artist, or to dream and help others dream their own newly envisioned future. Or perhaps you are the creative initiator who manifests projects and new systems so that many others can take part and find ways to earn a living. Whatever your instincts tell you, use these in all your circumstances, and your life will be in balance. ✨

I found it revealing that Mentor put so much emphasis on balance as the process of knowing who we are at the soul level, finding the instinctual self, and realizing that life's changes cannot disrupt this inner balance but will instead offer us different ways to see ourselves as in balance. Mentor was obviously suggesting that knowing our essence was the most significant aspect of moving through changes successfully. He seemed to be suggesting that times of contentment in my life would surely come and go and come again, and still we each need to stay true to our own inner knowledge of who we are.

The leaf was to remain a meaningful metaphor for my own growing interest in healing, especially for understanding that I was always to return to my own instinctual grasp of this fact in order to float into and around new challenges without fear. I was sure I would always remember the imagery of the leaf and realize that no one set of circumstances in my life was capable of bringing me balance; it

was, instead, my own response to a circumstance that would bring me in or out of balance in the ever-changing rhythms of living.

Meeting Your Physical, Emotional, and Spiritual Needs

✧ As you seek to understand your place in the world and the cosmos, let us think about the ways in which you are influenced actively by positive and negative circumstances. Does your own mental and emotional environment influence your body? When the leaf floats over a pond filled with raw sewage or crystal-clear water, is it influenced in the process? The answer is “yes,” all things are influenced by the intentions of others and the living environment, although you need not be distracted by these influences. Healing and balance come to your body and your life as you learn to assess both the presenting physical circumstances and the rhythms and pulse of your deep knowing.

Let us begin with an obvious example. When a child cries from hunger, he or she desires more than food for the body; the need being expressed is food for the soul. A handful of rice with a smile and a hug goes further to help the body than an entire dinner offered without love. Plants, like all living things, also need love and positive attention. Why do some people’s plants languish while others shoot out new sprouts when given the same amount of water and/or plant food? The answer is that positive energy generates and regenerates all physical systems most easily.

Let’s take other examples. Imagine that you lost your job, or you had an automobile accident, or you find yourself without enough money to pay your apartment rent. Are these physical circumstances beyond the range of the balance we’re talking of, or can these everyday situations be influenced with positive energy? They can indeed be influenced, for every physical action or deed has a corresponding emotional and spiritual aspect. Whatever you seek to accomplish or change, you’ll be the most successful in your physical efforts to create abundance and well-being if you also expect the best, believe that the highest good is being served, and honor the process of creation that carries you along effortlessly to new levels of spiritual discovery.

Learn to give away that which you most seek. If you want financial abundance, become an avenue of abundance for others. If you want love, give it to others. If you want physical health, pray for it in others. The irony of giving away what you most want is that in giving it away you find it yourself. You can't give what you don't have. And so, by this simple exercise you are directed to help yourself engage the energy of the Divine force in your own life. To give love you must first set about feeling love; to share wisdom you must have wisdom; to give joy away you must first bring joy into your own life. In seeking therefore to honor the physical, mental, and spiritual needs of others, you actually enhance your own well-being in the most important and life-fulfilling of ways.

Mechanistic thinking and healing is on the way out of humanity's collective consciousness because it's ineffective. In order to meet the rash of new diseases, humanity is being forced to recognize all levels of need from those who would be the recipients of healing. Individuals seek multi-level treatments to address the levels of soul and physiology at the same time. A treatment plan is a specific and personal means of achieving balance by helping a person find his or her own instinctual nature, his or her soul essence. Healing in this fashion requires a treatment plan that is prescribed for one individual alone and is implemented with rigor and care for the spiritual dimension by the person receiving treatment.

Successful cures are always multi-dimensional in their impact on the system. When a condition—whether physical, emotional, or spiritual—remains unexplored fully, then whatever remains unexplored merely manifests into another disease or a recurrence of the same disease, or it remains dormant always, to reappear at another time.

In the past, such medicines as herbs, packs, potions, tinctures, and the like were used simultaneously with healing thoughts, prayers, and meditations. It would have been inconceivable to use one without the other and expect results. Most modern medicines, as well as many home remedies, fall short of their potential value when only the mechanical technology is used without the heart's involvement. When union with God as Divine Love

is sought, fear is diminished, wounds heal more quickly, and old attitudes, frustrations, and judgments fall away by themselves. ✧

I reflected on a normal trip to the doctor and realized Mentor was talking about the need for holistic doctors, nurses, and all healing practitioners to regenerate interest in and understanding of the body, mind, emotions, and the spiritual aspects of healing. In these last words on balance and change, I realized that Mentor's discussion of the importance of invoking the appropriate healing presence of the whole person was about to bloom fully in our world over the period of the approaching millennium. People would probably look back at the twentieth century and find it unimaginable that we could have been so blind and deaf to the nature of energy within the body and its natural healing capabilities.

Mentor was touching on the subject of the physical nature of a healthy life. The underlying question related to that subject that I had sought for so long to answer was, "What are the unseen influences affecting and creating pain and trauma in our lives?"

The Nature of Vibration: Positivity and Negativity

✧ *Let us begin by understanding that all actions and thoughts give off positive and negative vibrations. People are besieged through their waking hours with various degrees of negative and positive input, both of their own making and from others.*

While there is no absolute right or wrong in most daily choices and experiences, there are still gradients of nourishing and productive feelings and experiences as well as those that are barren and unfulfilling. "Positive energy" lives as the force of all loving and divinely aligned thinking. It is the force that generates balance in all aspects of life. "Negative energy" is the opposite; it is the alien, the unnurturing, the destructive, and energy that is unaligned with body or soul. If one wishes to increase the positive input and decrease the negative, then an understanding of what causes each vibration is essential.

A "vibration" is the condition resulting from an object becom-

ing forced momentarily out of stasis. Vibrations are sensed, touched, felt, heard, and seen. Your response to any range of vibrations can be voluntary or involuntary. In other words, you're either aware of your response or you are unaware that you are responding. You can choose to hear a song or be unaware you are hearing the very same song. But if the song is playing, it is nevertheless heard and causing changes within you. Imagine that your body, rather than a seemingly solid object, consists of rings and rings of energy always in motion. When you hear a sound, your body's rings begin to change and move in relation to the sound—whether you are aware of the sound or not.

The body continually experiences many intensities and types of vibration. Some of this experience is through spoken communication, but much more is experienced through unspoken body language. Sense the difference between seeing someone place his or her hands in a prayerful gesture and bow to you versus giving you a look of disgust and turning away. You are influenced by both these unspoken interactions. You are influenced by the background sounds of both birds and airplanes taking off as well as of electrical equipment, whether from your microwave oven or your computer. Because you are, energetically speaking, a part of every living system—a part of the entire web of life—you are also influenced by every immediate and distant system. I'm suggesting that you are influenced by disasters and sadness anywhere in the world. You are influenced by and react to galactic occurrences and interspatial shifts and changes. You are influenced by the movement of the plants and stars and all the other assorted energy bodies in space.

Your physical body absorbs indiscriminately everything to which it has access. If red paint were introduced into your blood stream instead of blood, each cell would struggle to interact with the paint, even though it caused its own death. In realizing this fact, you obviously want to be able to absorb as much loving positive energy as possible, to offset the opposite impressions and to offset the stressful and painful vibrations that lie beneath or beyond the range of normal sensibilities. You want, in other words, to give your body and your lifeblood what it can use rather than the red paint that destroys life.

All encounters, then, produce waves of vibrations, either positive and productive or negative and destructive. All input is absorbed and processed by the body.

Even though you may be receiving a great deal of stress from your world environment and from your more immediate living environment, your response, like the leaf's, is the determining factor in your balance and your health. You are capable of transforming energy and reintroducing it as positive energy, as love.

To enhance your body's ability to ward off disease and depression, choose foods and fibers that are as close as possible to their original natural forms. This means to refrain from eating, wearing, or surrounding yourself with materials that are excessively processed. What you see, touch, eat, hear, and smell all provide your body with a combination of either positive or negative energy. For example, clothing that is formed only of synthetic fibers tends to be less supportive of the health of the body than that made of natural fibers. Natural fibers carry the positive energy of the Earth and are thus more compatible with your energy field because you are also of the Earth. On the other hand, acetate and polyester are manufactured in the laboratory and therefore are not naturally compatible with the human form. Realize that all these influences on the body are subtle, but in total, they influence your state of health. Different clothes are appropriate for different people. But where your body intuitively resists a certain material, realize that your body is telling you something important about its preferences. Messages of likes and dislikes are your "body wisdom" asserting itself to help guide your choices.

Food that is mainly chemical and synthetic is hollow to the body, like the red paint. Your body will try to make useless foods into the substances it needs, but it is unable to do this. Here again, the body is continually exposed to an invisible source of negative input through substances that, within the body, break down only in part, causing near-starvation of bodily tissues as well as poisoning the body with chemicals, additives, and preservatives. Recognition of the vibrations transferred to a food or food product while an organism is in the growing stage is also extremely important. What negativity is infused into the life of plants or animals while growing and during the

picking or slaughtering is all passed along to the individual who eats it. Just because negative vibrations are not seen by the human eye does not mean they do not exist. The potential boon to humankind is enormous when each family assumes responsibility for not only its external actions but also the internal environment it creates. ✧

As I read Mentor's description of positive and negative vibrations, I realized that I did feel drawn to some clothes and foods more than to others. But I recognized that I'd been so conditioned to override these feelings that I'd need to recultivate this sensitivity. I wanted Mentor to continue with this subject. Just what was the "stuff" of negativity and positivity?

✧ *Vibratory waves pass in and through the body in ceaseless rhythms. As waves of positive energy flow through the body and brain, they heal and ameliorate disease and dysfunction wherever imbalance is found, cleansing and attuning all bodily energies. Positive energy does not remain within the body but is dispensed into the environment, the air around you, after being absorbed and processed by the body.*

Negative vibrations, on the other hand, because of the denseness of their nature and their incompatibility with the human wavelength, become trapped within the body's tissues and cells. Acute disease occurs when a large influx of negative vibration is drawn to a particular organ. The organic response to such a massive buildup is disease, dysfunction, and gradual death. A chronic disease can be likened to a magnet placed in a dish of metal filings. The metal filings become pulled to the magnet just as negative impulses are drawn to a part of the body. Wherever negativity becomes entrenched, it, in turn, becomes a new magnet attracting new negativity until the positive energy circuit to the organ is broken at the emotional and spiritual levels.

If negative energy could be stained with a dye and put on a slide to be studied under a microscope, it would be seen as a cross section of fibrous material, incompatible with and foreign to human life because of its intensely condensed form and impenetrable nature. If

studied further, negative vibration would be seen as holding not the slightest degree of usable energy for the human body. Its structure allows but a slow entombment of the physical aspect. No nurturing or nourishment can be brought forth from this vibration. Negative vibration is cumulatively collected within the body until physical cells begin to suffocate. This humanity calls the “natural aging process.”

There is no “cure,” no way to totally remove yourselves from negative influences on the Earth. But through careful daily attention to cleansing your energy fields and learning to receive love and give love, you are able to be the productive member of humanity’s changing process that you are hoping to be. ✨

Stress

✨ Interestingly, the general physical reality of taking on negative vibration has become generally accepted and is described clinically in the word “stress.” Stress through work, stress through personal relationship, and stress through general planetary upheaval are really the acceptance of overwhelming negative energy into one’s body without the countering balance of cleansing. While stress is widely recognized as a major factor in heart attacks and heart disease, I would like to suggest that stress is equally contributory to dysfunction on all bodily levels. Stress, in relation to heart disease, has been studied the most because of the high toll of deaths each year from heart-related problems. Equal attention will, I hope, soon be directed toward the understanding of stress in relation to the rest of the body and mind, for it plays a significant role in undermining your mental, emotional, and spiritual resources as well.

Each individual will perhaps decide that he or she owes it to himself or herself to take notice of what has been previously dismissed as metaphor as it becomes more and more obvious that “stress” is just a euphemism for the ingestion and creation of negative vibration.

“Positive” and “negative” are words signifying intent of purpose as well as degree of fulfillment. Consciously and unconsciously, people interacting with one another bear a positive or negative intent. One wishes another well or wishes another harm, or wishes

that person any one of a hundred gradations in between. But, in addition to being on the giving end of positive and negative vibration, each person is also on the receiving end in every interchange. Each thought registers within the physical body. The degree of positive and negative vibration that finds its way into the body determines whether a malfunction is temporary or becomes permanent.

Negative and positive energy affect every aspect of the human being, every action and thought. Identifying the sources of misery and pain both internally and externally is important. But most important is developing an array of spiritual tools that allows you to change the balance of your well-being each day. On the days you feel overwhelmed, out of control, and depressed, your internal balance has swung toward the negative. On the days when you feel well, joyful, hopeful, and loving, your balance has swung toward the positive.

You make choices each day as to the people you will associate with, the work you will do, the boundaries and interactions within your family, and your own decisions as to your spiritual work. You'll always have such choices, because life is a process of moving through deeper and deeper rhythms and cycles of spiritual growth that gradually help you fine-tune your soul's path.

The knowledge that a certain food or thought or circumstance produces tangible negativity should, theoretically, allow you to walk in the opposite direction and therefore be healthier and happier because of this simple identification. You no longer need to suffer the slow atrophying of body and mind into disease and unhappiness. Understanding stress and the natural aging process in terms of tangible positive and negative energy patterns provides you with one more tool in becoming, always becoming, the perfect whole. ✨

Negativity seems a vague term until Mentor's remark about physical aging occurring as the result of accumulated negative energy. It was easy to imagine negativity causing stress or even disease, but the thought that aging was the cumulative effect of unprocessed negative vibrations was a wholly unique concept.

Even as I read about the insidious effects of negativity, I was reminded of many negative situations, often of my own doing,

that might have contributed to my own aging. I felt uneasy just recalling the possible impact of my words of anger, both spoken and unspoken. "Love thy neighbor," in addition to its worth as a standard of everyday harmonious living, suddenly assumed significance in terms of health. I felt compelled to ask Mentor what we could do to rid ourselves of negativity.

Cleansing through Visualization and Color

✧ *Just as one takes a shower to cleanse the outside of the body, one may likewise take an inner shower to wash away all undesirable negative vibration. This inner cleansing can be done in a variety of ways, but I wish to concentrate in this chapter on the two simplest and most effective means: cleansing through visualization, with color as a complement, and cleansing with harmonics. Both of these techniques are effective preparation for meditation and prayer and should rightfully be used to cleanse body and mind and align them with spirit.*

Visualization helps you engage the power of imagination by creating your own picture of what is wrong (your current state) and a picture of the healthy state you're seeking to achieve. Visual imagery is an intense tool because, as simple as it seems, it is effective in adjusting the "body wisdom" program to enhance physical functioning. By visualizing first the current unhealthy part of the body and then its healthy condition, your conscious mind and subsequently your body become aware of what has to be changed to create wellness. The body often allows disease to gain momentum by failing to recognize a condition as untenable, maybe even life-threatening, until suddenly the disease arrives in the body full-blown. Visualizing the existing condition alerts the body. Picturing a healthy condition combined with your intention for positive change and health encourages the diseased body part or organ to "remember" its optimum functioning. A person suffering from scoliosis (curvature of the spine), for example, would create a visualization of the current condition and then a correctly curved spine. An individual seeking healing

is wise to get a picture of the physical structure of the body, especially the aspect that is in poor health.

Along with visualization, color is a complementary helping tool to facilitate your shift into all levels of health. Learn to observe color around you: the color of the clothes you choose each day, the colors you paint the rooms of your home and office, the color of your car. Certain colors appeal to you because they offer you something that is missing or needing expansion in your life. Like the calcium tablet you take when you are having leg cramps, certain colors aid your health—they offer vibrations that help your subtle energy bodies find balance.

Colors and the qualities they represent are:

purple—spiritual intention or involvement

pink—love, compassion

red—intense feeling, passion, action

orange—balance (inner and/or outer)

yellow—intellectual or rational thinking

gold—divine awareness, spiritual healing

*green—physical and emotional healing, drawing
from nature*

blue—serenity, peacefulness

brown—stability, groundedness

white—perfection, angelic/divine involvement

black—release, rebirth, and transformation

In meditation you can allow colors to arise spontaneously or choose to work with a specific color intentionally. When you observe dark colors (black, gray, even a very dark brown), you are being alerted to a negative balance in your body that may portend actual, pending, or potential disease. Dark colors—with the exception of indigo blue, which is the color of intuition and “third-eye seeing” or clairvoyance—alert you to a problem or disease, or to an area where disease is lingering in your energy field. If you know you have a tumor, pain, or problem in a particular area of the body, for instance, then you will be able to perceive the area of the tumor as a dark mass. Do not be afraid when you see black, however, because it is also the color of transformation and change. Accept that parts of

your body periodically need radical change. Through attention and spiritual action in the way of visualization and other healing modalities for unblocking energy, you can bring positive life force energy to heal the dark areas or unhealthy body parts or systems.

Emotional problems also affect the body. If you are in need of mending your heart from repeated loss of love, then you may observe darkness around the area of the heart. This alerts you to the very real need to pay special attention to your heart and to your need for more love as well as self-love so that the heart muscle and the coronary arteries remain undamaged.

If you want to use a specific color in your meditation and/or visualization but are having trouble creating that color in your mind's eye, then imagine an object you're familiar with, such as an orange, a lime, or a green apple, and place that image wherever you desire it. You may place the color over the image you see in your mind's eye of that part of your body. You may want also to bring a certain color to the center of your inner attention and just "feel" or experience the color, to see what you can learn from it and about yourself and your life.

Visualization and color therapies are growing in popularity and are used effectively by traditional and holistic physicians seeking to help patients heal. Visualization has already become an important tool for many people in heightening the benefit from chemotherapy treatment, as preparation for surgery and for healing after surgery, in reducing the pain of arthritis or injury, in healing bones and all body parts, and in recovering from divorce and loss of a loved one. In short, visualization is a healing tool that you will want to use often and to experiment with in all the various ways in which you can benefit from heightening your awareness of positive vibrations in your body. ✨

Visualizations for Cleansing and Balancing the Body

✨ *While practicing the following two visualizations, try to be aware of the different colors that play in and out of your quiet times. Draw your own conclusions about the colors that appear and what they correspond to in your emotions, your sense of inner balance and*

wellness, and/or your state of physical imbalance if you know you have a physical problem. No two people's responses will be exactly alike, and you are learning to trust your own intuitive self. ✨

"SHOWER OF COLOR"

Colors used: *Black*—representing disease or imbalance

Gold—representing healing and inspiration

✨ Imagine yourself standing under a shower. Picture gentle, golden drops of water pouring down over your body as special cleansing agents capable of washing away all dirt, all disease, all negativity. Imagine that flakes of black negativity are being released from every part of your body that hurts or is imbalanced. Let the water wash gently over your body, and accept that all imperfectness of any kind is being released. See a golden glow encompassing your body, a glow indicating that the darkness or pain or loss has given way to the power of Divine Love as balance and replenishment. Feel free to personalize the visualization with sounds, chants, or additional colors that appear spontaneously.

If a visualization does not feel "right," change the details until it fits what you need. Visualization is a powerful tool, but it is like a coat: it needs to fit you well. ✨

"EXPANDING COLOR CIRCLE"

Colors used: *Green*—dynamic physical healing and
regeneration

Orange—balance and integration of body,
mind, and spirit

✨ This visualization requires you to imagine a green or orange circle over the area of your solar plexus (this is the area four inches below the heart or slightly above the umbilicus), or over the area of the pubic bone. If you have difficulty picturing any particular color in a visualization, it may mean you have a mental bias against that color, or that your body is largely devoid of the color, and that is why it is difficult to imagine.

For this visualization, look in the mirror at your own body, or imagine yourself standing in front of a mirror. In your mind's eye place a green or orange circle over the area of the solar plexus or lower down over the pubic area. Watch the circle begin to gently revolve, turning around and around, gradually expanding in size and becoming a beautiful spiral. Let the spiral gradually increase in size until it is large enough to encompass your entire body.

This expanding spiral is your expanding horizons and your renewed perspective on your life. Ask the God within for additional insight or information on particular subjects or diseases that are fearful for you to address.

When you feel complete with this exercise, allow the spiral of color to shrink back to the original location from which it arose and to gradually disappear. Accept that you're different and that you have access to greater balance and health from this moment on.

What you suggest to your body during visualization is powerful in its ability to help and guide the body. Disregard thoughts or worries of feeling foolish for talking to yourself. You are talking to yourself, your body, for very real and important reasons! You're talking to all of you—your body and your feelings. Your body and your feelings need to become as trusted friends, with whom you have good communication.

Cleansing negativity from your being through various kinds of visualization helps keep you free of disease and feeling loving and generous toward yourself and others. Make a visualization cleansing a daily part of your morning routine as you shower and dress for the day. ✨

Healing and Cleansing with Harmonics

✨ Another important use of vibration for healing is through sound as energy. Sound stimulates and balances the body and the emotions and helps return the body to perfection and joy. While many sounds enter the body both invited and uninvited, harmonic sounds are those with a special purpose, those that fill your inner needs and replenish the body and emotions. To each person, certain sounds feel the most appealing, and yet every per-

son benefits from the full range of sounds that awaken each of the energy centers, or chakras, of the human energy field.

Before we talk specifically about chakras of the body, let us look at the notes and combinations of notes that can help restore balance and wellness in your body, mind, and emotions.

Three notes on the standard major scale form the basis of harmonic triad sounds. Each triad sound consists of one primary note, one catalyst note, and the universal note: E. The primary sounds are those of the major scale consisting of seven notes or an octave of eight notes, and they are arranged sequentially: C-D-E-F-G-A-B-C. Consider the A immediately above middle C, with a pitch of 450 vibrations per second. While there is often disagreement over which pitch is applicable, nevertheless this elevated pitch of 450 vibrations per second is appropriate for our use.

1. Personal Note: The first note of the triad represents the personal aspect of the triad. Choose one or two notes from the scale as your personal note or notes. You can select this note by holding a pendulum over the scale on a piano or other musical instrument, or over the chart of notes in this book. You can listen to the sounds on a musical instrument and decide upon the one to which you feel drawn most strongly. You can choose the part of the physical body or system influenced by each sound. Or you can choose your sound from the list of emotional/spiritual qualities specific to each personal note and harmonic triad. (See pages 206-207)

2. Catalyst Note: The second note of the triad is the catalyst or catalytic note. This note unites and intensifies the personal note, and when combined with universal E creates the full impact of sound within your body. The catalyst note is the next full note above your personal note. If you choose G, for example, as your personal note, then the catalyst note would be A. This triad would then be G-A-E. The catalyst subtly completes the two tones into a meaningful inner harmony.

Finding Your Personal Note and Harmonic Triad

Choose the Emotional/Spiritual Qualities that Best

Reflect Your Personality

You are wise and often sought out by others for help and counseling. Your life is devoted to living spiritually, and you seek to know God and the Angels in intimate ways. You see life's challenges in terms of spiritual lessons on the path toward God-realization. And you may become so involved in introspection, your spiritual search, or a higher-order "cause" that you neglect your physical needs, relationships, and even physical circumstances.

You live by a spiritual doctrine that comes from a time-honored tradition or belief system. You seek to draw spiritual teachings from the past into today's world and are effective in helping others see the significance of ancient ways or teachings. You are gifted with special "sight" or "hearing" to perceive what others may not. And you may become too zealous, didactic, or rigid if you feel opposed in your spiritual mission.

You try to create peace within yourself and in your environment. People like to be around you because you tend to be calm and bring out the best in others. You see solutions and compromises easily. You are skilled at communicating and attend to your own physical and emotional needs, as well as sharing insights with others. And you may be too easily swayed by the needs of others and can be enticed into imbalanced relationships in which you are in the role of rescuing others.

You are compassionate, have a strong desire to nurture others, and are able to easily reach out to help others through the power of touch and/or the use of your hands. You are highly motivated, with strong potential for physical success combined with a deeper purpose. You have a deep need to be respected and to have your efforts honored. You may find yourself given to self-doubt in trying to pioneer efforts for positive change.

You are strongly motivated to develop your own creativity and to find appropriate ways and forms to offer it to others. You benefit from being part of a strong supportive environment that helps you risk creating your work. You are most inspired to offer your work when others appreciate you and the inspiration behind the creation. You are inspired by Nature and are easily upset by others' insensitivity to living things. And you may find yourself "stuck" when you fall back into old patterns of "I'm not good enough."

You have the ability to explain ideas to others. You have a sense of your spiritual history and the beliefs you carry in your heart. You are an effective teacher, especially of young people, and can offer others a perspective on life that draws on the valuable learning of the past, yet makes room for new visions of a future. And you may find it difficult to create the purposeful and love-filled future you want for yourself until you release resentments from your past.

You are motivated to bring dreams and creative initiatives into actuality. People come to you when they want something accomplished and often seek you out to help them "get the job done." You are excited by new models for living effectively, and technology may be a part of your work as you fashion initiatives that reflect a pioneering view of holistic living. And you may find yourself making bad business deals when you accept only your logical mind telling you where and how financial resources, power, and leverage can be gained quickly.

YOUR TRIAD Personal Note Catalyst Note Universal E	<i>Influenced Most by the Specific Triad</i>			
	Dominant Color and its Properties	Chakra	Region of the Body	System(s) and Corresponding Functions of the Body
E F E	Violet Spiritually evolved, related to the Sacred	7th	Forehead and crown of head	Nervous System: Receives and conveys impulses to other cells in the body.
A B E	Indigo Visionary, deeply introspective	6th	Head, particularly the area around the eyes, ears, and sinuses	Endocrine System: Contributes specific substances to the body flu- ids, which affect the healthy activity of cells, organs, and tissues. Special Organs of Vision and Hearing.
B C E	Blue Contemplative, peaceful, and accepting	5th	Nose, mouth, and throat area	Respiratory System: Provides oxygen and eliminates excesses of carbon dioxide.
C D E	Green Enhances physi- cal and emotional healing and reflects nature's wholeness	4th	Chest, including heart, lungs, and breasts; also arms, hands, and fingers	Circulatory System: Distributes bodily fluids to all the cells, maintaining the tissue fluid that bathes the cells continually.
D E E	Yellow Intellectual, thoughtful	3rd	Solar plexus and abdomen, including liver, stomach, pan- creas, gall bladder, spleen, upper section of large intestine, and small intestine, plus kidneys	Digestive System: Receives, digests, and absorbs food and liq- uids. Eliminates wastes not excret- ed through skin or kidneys. Muscular System: Causes move- ment by contracting. Maintains sta- tic skeletal and postural support.
G A E	Orange Balance, unity, and wholeness	2nd	Pelvis, including bladder, ureters, and specific male and female reproductive organs	Excretory System: Eliminates the waste products resulting from cell activity and digestion. Reproductive System: Brings new life into existence.
F G E	Red Intense feeling, passion, and action	1st	Lower part of back, sacrum, and coccyx; also legs and feet	Skeletal System: Supports, pro- tects, and helps the body move. Membranes: Protects organs and supplies lubrication for organs as they move over each other. Tissues of the Body: Supports other tissues of the body. Creates boundaries between various body parts, allowing for movement and the transmission of impulses.

3. Universal E: *E major is the universal note and is a necessary part of each musical triad or three-note combination. This note aligns the body's purpose and being harmoniously with the Divine Forces of the universe. Universal E is present in every person's triad.*

The combined sound of all three notes may take getting used to, however, since sequential sounds like these are not usually used in creating pleasant-sounding music. These sounds together are better considered as healing sounds used with intention to facilitate positive change and healing of body, mind, and emotions through spiritual energy.

Let us take another example, Agartha. Let us use your note of C. C is your personal note. Combined with the catalyst note of D and universal E, your triad is C-D-E. Realize that your personal note will probably not change, although you may add additional and complementary triad notes as you grow spiritually and as your body changes. Perfect health, fulfillment, and joy are potentially possible with each triad. No one triad is better than another; each is only different.

To use these sounds, hum or play them if you have access to a musical instrument. Sing the sounds, using a pitch pipe or tuning fork to attune your own voice. Ask a friend who plays the piano or synthesizer to play the sounds while you tape them. In this way you can play them over and over for your own healing. Depending on the severity of the physical condition you seek to heal, listen at least twenty minutes three or four times a day, or play the sounds as background while you prepare meals, eat, or sleep. For general body maintenance, try listening to the sounds for ten to fifteen minutes morning and evening. You will also benefit from using each of the seven triad sounds for a week each, for general toning and maintenance of health. Continue to use the sound consistently until you reach your state of health, and then slowly taper off usage.

Since sound as vibration is a natural state of resonance already at work balancing the body, these harmonic triad sounds accentuate the positive nature of the processes already at work in the body. These sounds help create health by permeating the

body, halting those processes of disease or imbalance that are present and allowing the cells, tissues, organs, and systems to repattern themselves on the body's own natural perfection from the aura or etheric energy field. Prayer, meditation, and visualization are appropriate complements. ✨

An Exercise Using Harmonic Vibration

✨ Quiet your mind. Hum, sing, or sound your personal note, along with any recording of the triad sounds you may have made. Feel the sound as it permeates your physical and emotional bodies with its purity and love. You may experience a feeling of separation from the physical body, a sense of being removed from the purely physical work of daily activity. Relax into a state of acceptance, and surrender to your own highest good and wellness.

These harmonic sounds loosen old fears as well as the roots of disease, so it is helpful to keep a journal of your feelings and the issues that come to you over the several days following your work with the sounds. Like rust from an old pipe, the causes of disease will become more clearly known to you and will be slowly healed and released. These sounds help you whether you have any skill at visualizing colors or not. These sounds work with the body at the conscious, subconscious, and soul levels to help you rebalance all levels of your life force energy. ✨

The intricate interrelationship between colors, musical notes, and the organs and emotions of the human being opened for me yet another avenue through which to explore the human experience. Mentor had said that the human organism (and all other organisms) are actually vibratory in nature, so it seemed logical to consider human organs and states of emotion as resonating to the vibrations of specific colors or sounds.

I know that the human energy system is made up of energy centers or chakras. Many people also agree that each energy center vibrates differently and is also composed of various colors. A healthy chakra has all of the colors illuminated, as when you look

through a stained glass window, while an unhealthy chakra, or one that is blocked, has light coming through only some of the prisms. As energy medicine becomes more popular and the benefits from chakra healing become better known, I'm certain that we'll all need to become fluent in this energy language of the body, mind, and spirit.

I was interested in Mentor's perspective on chakras and what he might add to the information I already possessed on these energy centers of the body.

Beyond Basic Cleansing: The Chakras

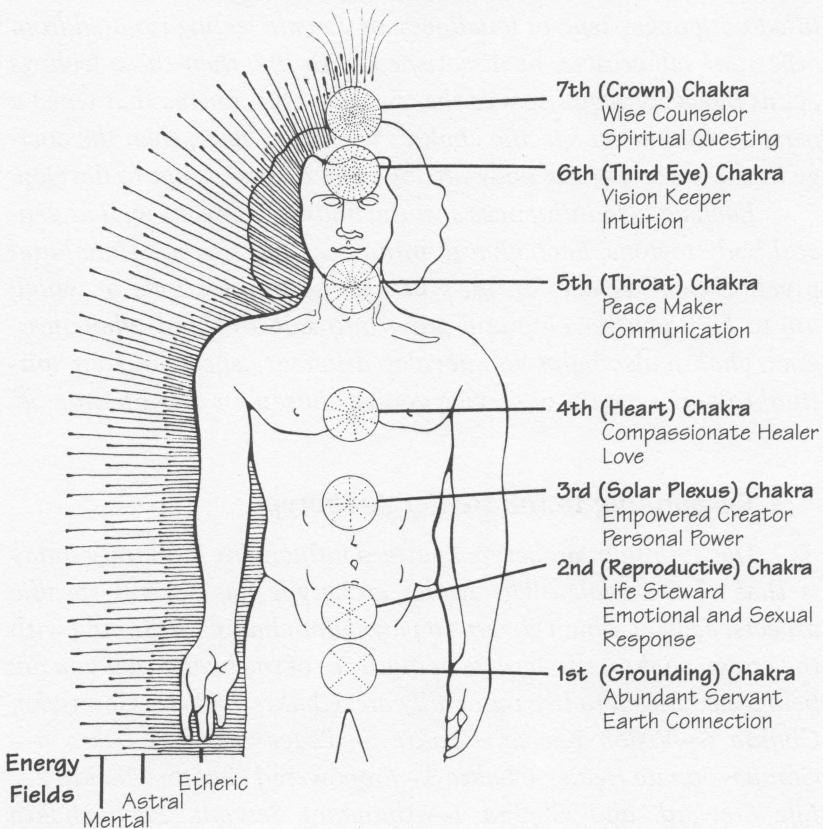
✧ *You have seen how the human body is responsive to its surroundings through the internalization and creation of negative and positive energy. I have discussed the use of visualization and harmonics as tools for maintaining a high level of wellness through the flushing out of negativity and disease. Keeping your wellness goal in mind, let us take a look at the seven major chakras or energy centers of the human body, which reflect personal levels of emotional, psychological, physical, and spiritual health.*

"Chakra" is a Sanskrit word meaning "wheel" and is usually interpreted as a circular or psychic (soul) energy vortex through which universal energy travels. These circular energy centers are located in the nonphysical body, in close proximity to the physical spinal cord. Chakras are the interface between the physical and nonphysical aspects of your being, mirroring the universal energy that passes through each disc or wheel. Chakras reflect the colors and vibrations unique to each region of the body and to specific systems. Seven major chakras and many minor chakras are in the body's energy field. Each major chakra reflects your perceptions and beliefs and actual states of wellness or disease, loss, or inability to function in the world. ✧

Because Mentor was working with me, teaching me so much about healing, I recognized he was leading me toward becoming a healer myself. It was becoming clear that, in order to do the work

that I wanted and needed to do, I needed to learn much more about energy centers. Mentor suggested that the chakras looked like small dishes that energy spilled into and out of as it cascaded down and throughout the body. To read the energy of a person's chakras meant to close your eyes and, with your own inner knowing, ask to see the energy moving through a particular person's energy field. I learned quickly that the ethics of working with another person requires the healer to ask for help before this exercise is done. Mentor was adamant about this point, and also that random curiosity in "tuning in" to someone else's energy system was inappropriate and could be dangerous.

**Energy Fields and Major Chakras with the Spiritual Roles
and Emotional Issues They Influence**



Mentor went on to teach me about the energies of the human body and the way they are primarily universal in nature and enter the body most easily through the crown chakra, the heart chakra, and the solar plexus chakra.

Energy Fields and Major Chakras

✧ *The degree of energy interacting with each chakra (the openness of each chakra) influences not only the health of the organs in the general vicinity of each chakra but is also reflective of the broader attunement of body, mind, and spirit. Chakras become obstructed whenever one's day-to-day life is not supportive of one's service in the world, and particularly when one's relationships are not supportive and enhancing to one's life. When you are stressed or filled with anger, fear, or loneliness, or you are feeling isolated from others, or self-critical, or dissatisfied with life, then these feelings act as blocks or depressors to the chakras. This means that when a person's chakras or specific chakras are under siege, then the energy in those parts of the body are low, and disease is apt to develop.*

Each chakra influences specific body systems as well as general body regions. Each chakra influences specific emotional and psychological aspects of one's being, the implications of which are to help you develop and grow into self-love and wholeness. Each chakra also helps you develop different aspects of your spiritual role, the means of service you've chosen for this lifetime. ✧

Responding to the Healer Archetype

✧ *The dominant archetypal pattern influencing humanity today is that of the healer. The healer archetype has several specific aspects, each of which governs a particular chakra. Beginning with the crown chakra, the aspects or qualities of the healer that you are being encouraged to live more fully are: Chakra 7—Wise Counselor, Chakra 6—Vision Keeper, Chakra 5—Peace Maker, Chakra 4—Compassionate Healer, Chakra 3—Empowered Creator, Chakra 2—Life Steward, and Chakra 1—Abundant Servant. Each chakra*

carries the spiritual energy to help you develop the specific spiritual quality just described so that you become comfortable in each of the complementary roles. As humans with a new vision seeking to help and heal each other and the Earth, you would be wise to consider these spiritual qualities of the healer archetype as essential.

It is also important to point out that many people experience illness and pain corresponding to those chakras and qualities where they feel ineffective, disempowered, and unable to express their own voices. Let us look more specifically, then, at the physical, emotional, and spiritual energy involved with each chakra.

Seventh Chakra

The seventh chakra, or crown chakra, is located at the top of the head and is the entry point for the blend of energies that flow through the body. This blend includes the etheric (physical), astral (emotional), and mental (spiritual) energies.

SPIRITUAL ROLE/ISSUE

Wise Counselor—helps you bring wisdom and skill to counseling others and to yourself. This is the counselor, therapist, and guide aspect of the healer archetype.

EMOTIONAL ISSUE(S)

Spiritual Questing—helps you seek a meaningful relationship with God and your nonphysical teachers, and creates emotional satisfaction and encouragement in believing your own experiences and translating them into a working, life-enhancing belief system.

Physical System(s) of the Body Influenced

Nervous system: brain, spinal cord, and nerves

General Region(s) of the Body

Head, upper neck, and back

Sixth Chakra

The sixth chakra is the chakra of the “third eye” and is located between and slightly above the eyebrows.

SPIRITUAL ROLE/ISSUE

Vision Keeper—helps you draw spiritual wisdom and knowledge from the past and apply it in your present life. This aspect of the healer archetype encourages you to use your wisdom and inner seeing to benefit others. This role represents the spiritual ministering aspect of the healer archetype.

EMOTIONAL ISSUE(S)

Intuition—helps you develop your perception and skill of “inner knowing” and encourages you to use and trust this skill both for yourself and your own development as well as for others out in the world.

Physical System(s) of the Body Influenced

Endocrine system: thyroid gland, parathyroids, pituitary, adrenals, portions of the glands with ducts such as the islands of Langerhans in the pancreas, portions of the ovaries and testes, and the pineal gland

Specific Organs of Vision and Hearing: Eyes and ears

General Region(s) of the Body

Head (particularly the area around the forehead,) eyes, ears, and sinuses

Fifth Chakra

The fifth chakra is known as the throat chakra and is located at the base of the throat.

SPIRITUAL ROLE/ISSUE

Peace Maker—helps you be the mediator in disputes, one who is able to see and weigh fairly both sides of every issue. You are the symbol of justice, honoring the rightness of issues on each side of the scale. You bring compassion and serenity to difficult relationships and those people in conflict. You seek peaceful solutions and are able to find the right words and express them beautifully. This role is the arbitrator, mediator, and diplomat part of the healer archetype.

EMOTIONAL ISSUE(S)

Communication—encourages you to pay attention to your own needs, especially those you are unable or afraid to verbal-

ize. This chakra helps you express your own voice and wisdom as you find it. Balance is important in this emotional issue—finding what is true for you and being comfortable expressing it to others.

Physical System(s) of the Body Influenced

Respiratory system: nose, pharynx, larynx (vocal cords), trachea, bronchial tubes, and lungs

General Region(s) of the Body

Head from the nose down into the throat and lungs

Fourth Chakra

The fourth chakra is located in the area of the heart and is referred to as the “heart chakra.”

SPIRITUAL ROLE/ISSUE

Compassionate Healer—brings up your desire to help others in tangible ways. You seek ways of furthering the physical, emotional, and spiritual healing process in yourself and others. You have a deep inner knowing that guides your efforts on behalf of others and helps you work in ways to alleviate all manner of physical, emotional, and spiritual pain in individuals and groups. This role is the physician, healer, health-care provider aspect of the healer archetype.

EMOTIONAL ISSUE(S)

Love—encourages you to love yourself more deeply and honestly, and in so doing to choose people to be with who honor you the way you are—your viewpoint, creativity, ideas, and ideals. You also develop courage and the ability to access the means to bring love to others outside your family and to the larger human family. You thus expand your understanding of love from a personal expression to one influencing the world community.

Physical System(s) of the Body Influenced

Circulatory system: heart, blood vessels, blood and the lymphatic vessels, lymph, spleen, thymus, and tonsils

General Region(s) of the Body

Chest, arms, hands, and fingers

Third Chakra

The third chakra is in the area of the solar plexus and is known as the “solar plexus chakra.”

SPIRITUAL ROLE/ISSUE

Empowered Creator—helps you develop your own unique creativity, giving it tangible form, so others can better appreciate the world around them and the people in it. This role is often associated with the arts, including all means of painting and drawing, dance, and music, as well as new forms of building and design, including new models of group behavior, learning, and problem-solving. In the role of Earth enhancer you are concerned with the welfare of humanity and the Earth, and you see your gift as a contribution to improving conditions for all life. This role is the artist, architect, inventor, and discoverer, and the environmentalist aspect of the healer archetype.

EMOTIONAL ISSUE(S)

***Personal Power**—seeks to guide you to reach more deeply inside yourself to find the special gift you bring to Earth. You feel pushed toward new levels of inventiveness and self-belief, for in order to do your work well you need to find the confidence to be vulnerable with others. This vulnerability, however, isn't weakness but is the willingness to be self-responsible. It is remaining committed to your own knowing and being willing to stay true to your beliefs and your work at hand.*

Physical System(s) of the Body Influenced

***Digestive system:** alimentary canal and the accessory glands (salivary glands, pancreas, liver, and gall bladder), also mouth, tongue, teeth, pharynx, esophagus, stomach, and the small and large intestines*

***Muscular system:** striated muscles (bicep muscles), the nonstriated muscles (muscle linings of the stomach), and muscle tissues*

General Region(s) of the Body

Diaphragm down through solar plexus and abdomen

Second Chakra

The second chakra is in the region of the navel and is referred to as the “navel chakra.”

SPIRITUAL ROLE/ISSUE

Life Steward—helps you remember the dreams of the past, pulling into your life and the lives of others that which is still relevant and pertinent. At the same time you are able to encourage yourself and others to cast their dreams toward the future to imagine the direction in which they choose to move. Through this role you can birth new ideas and marry them to other ideas from your past. You are the teacher and the nurturer, the way-shower toward new directions for yourself and humanity. This role is the teacher, educator, dreamer, and storyteller aspect of the healer archetype.

EMOTIONAL ISSUE(S)

Sexual and Emotional Power—helps you access your past and release and forgive what no longer belongs in your life. You are able to survey your past and to imagine and envision your future. You seek to balance the past and future so that you sense the direction in which your life is moving. You are also able to combine the powerful energy of sexuality with true tenderness in order to deepen relationships with a partner.

Physical System(s) of the Body Influenced

Excretory system: kidneys, ureters, bladder, urethra, and also the skin, nails, hair, and sweat glands

Reproductive system: in the male—testes, seminal vesicles, penis, urethra, and prostate; in the female—ovaries, Fallopian tubes, uterus, vagina, vulvae, and breasts

General Region(s) of the Body

Pelvis

First Chakra

The first chakra is located in the region of the coccyx and is referred to as the “coccygeal or root chakra.”

SPIRITUAL ROLE/ISSUE

Abundant Servant—capitalizes on opportunities and brings ideas into fruition. This role offers you the opportunity to do, act, formulate, and develop whatever is held in your unconscious and in your soul. You are encouraged to manifest and actualize your dreams and to bring abundance in the form of physical resources to your doorstep and the doorsteps of others. This role is the systems thinker, the developer, and the producer-of-projects aspect of the healer archetype.

EMOTIONAL ISSUE(S)

Manifestation—offers you the opportunity to bring your intentions into actual form. You are urged to understand your own creative nature so that you can bring your vision into actuality in order to help both yourself and others. You are able to use both the “thinking-through” energy of formulating a plan and “getting-your-hands-into” the work in order to craft it and give it form, direction, and connection to other people and systems.

Physical System(s) of the Body Influenced

Skeletal system: bones of the body, including bones of the head, trunk, and upper and lower extremities, along with the cartilage, diaphragm, and connective tissues that bind them together

Membranes of the body: including serous, which line the body cavities, cover organs, and line the vascular system; synovial, which cover joints and tendons and which surround cavities and movable joints; mucous, which line passages of digestive and breathing organs as well as those of genitals and urinary organs

Tissues of the body: cells and groups of cells arranged as tissues, including membranes, and all tissues other than skin, including muscle and nerve tissues

General Region(s) of the Body

From reproductive organs down through legs and feet, also lower part of back, sacrum, and coccyx ✨

Tracing the Energy of Life

✧ Life-force energy enters your body and appears in the etheric body, which is the energy level reflecting your physical body and its health. Life-force energy appears to many as a filmy white, gray, or purplish cascade moving through the body. Many other colors are within each chakra's energy, and together each of the seven chakras reflects your perfect well-being. Life-force energy enters the body through the crown, the heart, or the solar plexus chakras and continues flowing in and through the other major chakras, radiating out through the body as well as down the torso, gradually working its way into the arms, legs, fingers, and toes, and then flowing off into the atmosphere. This universal energy is then recycled with the energy around you and influences your environment near and far.

The energy within the body is constantly being replenished, but its density, mass, tone, and color depend on the quality of one's life and the impact of the person's living experiences, whether pleasing or distressing. Every inner strength and vulnerability is reflected somewhere in each person's energy system. Your ability to regenerate a depleted energy field depends on your willingness to learn from past failings or mistakes, surrender to the God within, and make every effort to fulfill the greater service that you seek to accomplish in life.

You may often find it difficult to think of a nonphysical field of energy as playing a part in physical health. To this end, in order to more clearly illustrate the connection between the physical body and the various energy fields, let us examine a specific case. ✧

Case History of John

✧ John was a forty-year-old production foreman in an automobile plant. He had worked in industry all his life and was considered a rather quiet but well-adjusted and well-liked worker. After celebrating his twenty-year anniversary with the company, John's attitude began to change subtly. His once-gentle, resilient nature became more aggressive, apparently filled with frustration and resentment. Friends and family were puzzled by the irra-

tional outbursts of anger and the sarcasm and criticism that became more and more a part of his conversation.

Simultaneously with these overt changes, John developed what appeared to be an ordinary cold and a case of laryngitis. The cold gradually disappeared, but the laryngitis continued. John's voice remained weak and unstable so that he was hoarse by the end of a day's work. His condition was diagnosed by the plant physician as chronic laryngitis. The general assumption was that the irritation might be due to the dust and/or fumes he breathed all day at work. He was given a tranquilizer and told the condition would probably improve if he wore a protective face mask. The condition did not, however, improve.

Let us take a closer look and see what John's energy field looks like at this moment in his life. (Refer to the diagram of John's energy field on page 227 as you read this section.)

The energy coming through John's crown chakra is quite substantial, suggesting that he is learning and growing spiritually. As the energy continues down through the "third eye" chakra it is still reasonably strong, but then you'll notice that the energy flow drops sharply to a thin stream. What might have happened to cause this drop in life-force energy through this chakra?

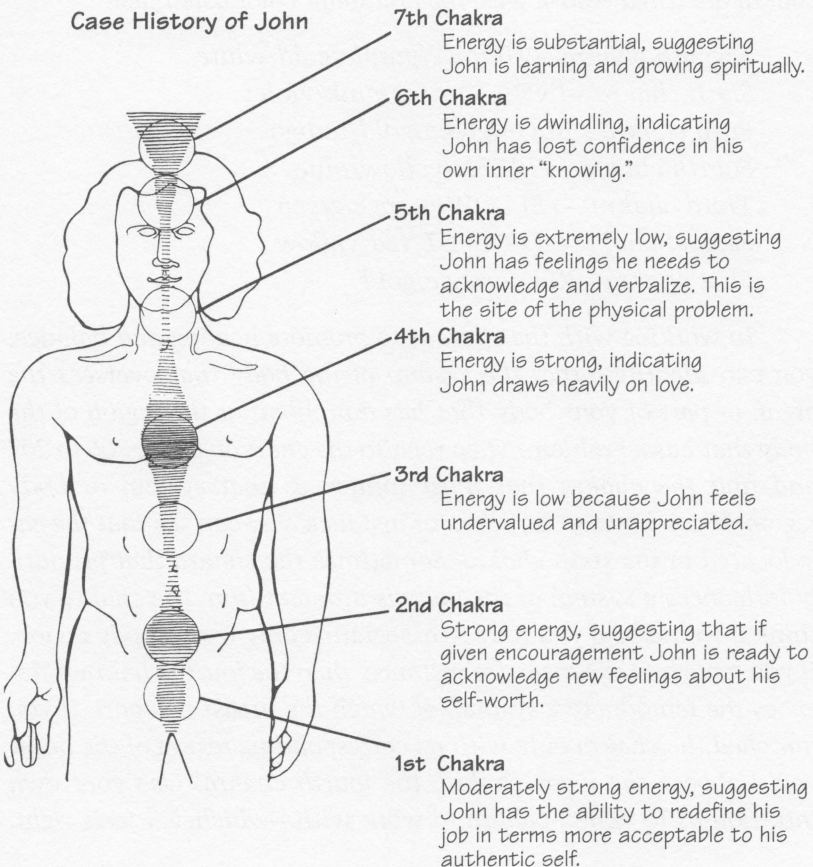
The throat chakra deals with what you hear and learn from your own feelings and inner self that can then be applied to other relationships—for example, to supervisors. John's company hired a new man to be John's boss. Suppose John feels something that he believes he has no right to feel: anger, resentment, jealousy. The low energy in his throat chakra means that his feelings need to be dealt with, but he is ignoring these feelings, so they have no place to go. The energy of resistance remains lodged in his throat, preventing him from speaking what he feels. The laryngitis merely reflects his inability to say what he needs to say.

Note also John's weak energy in the third chakra, the solar plexus chakra. This chakra deals with the creative self, the artist, and the inventive self. It also deals with finding acceptance and appreciation for what one has put effort into and has created. Since John is feeling overlooked and invalidated by not receiving the promotion he

could just as easily have developed a stomach ulcer as laryngitis.

The way through this dilemma for John isn't to tell himself that he's a bad person for feeling angry and jealous. The solution lies in listening to his feelings without judging them. He might write a letter to his new boss or to his previous foreman, which he never sends but which allows him to express his real feelings. He might go in and talk to his old foreman about the reasons he wasn't promoted. He might write down his feelings in a journal, or express his feelings aloud in a place where no one can hear him. In sum, he needs to give himself permission to have feelings and to quiet the "inner critic" that holds him up against an impossible model of perfection.

What can John learn from this experience that will help him regain his sense of his own voice and self-worth so that he no



longer needs to feel the victim! The key is clarifying what he feels and giving himself permission to genuinely honor what he feels. In this way John can learn about his authentic self and learn to honor his own inner authority. ✨

Reading the Aura of a Chakra

✨ When a clairvoyant sees an individual's aura, he or she is seeing the colors of the entire energy field plus the colors that dominate each chakra. The upper chakras vibrate faster than do the lower chakras. No one chakra is better than another; each holds a gift for the individual, and all chakras are essential to the body, to the emotions, and for expression of the spirit. The colors seen most frequently in each chakra are listed below, with the dominant color listed first:

Seventh chakra—VIOLET/purple/gold/white

Sixth chakra—INDIGO/blue/pink/violet

Fifth chakra—BLUE/green/gold/indigo

Fourth chakra—GREEN/yellow/blue

Third chakra—YELLOW/orange/green

Second chakra—ORANGE/red/yellow

First chakra—RED/orange/gold

In working with the chakras to promote healing and balance, you can identify either the system of the body that oversees the organ or part of your body that has a problem or the region of the body that has a problem. Then refer to the chart on pages 206 to 207 and find the chakra that most influences that system or body region. If you have an earache, for instance, you can see that the ear is located in the sixth chakra. Sometimes the chakra that primarily influences a system of the body is different from the chakra you think it would be if you were to associate it only with a body region. If you have breast cancer, for instance, then the fourth chakra influences the reproductive system, of which the breast is a part. If you matched the chakra only with its corresponding region of the body, you'd choose the heart chakra, the fourth chakra. Use your own intuition as to which chakra to work with—whichever feels right,

or work with both chakras that might influence the problem most.

Try this exercise. Close your eyes and picture the chakra you've chosen to work with as a viable disc of multicolored energy. Work on only one chakra at a time, even if more than one is involved with your problem. In your imagination connect the appropriate chakra with the specific unhealthy or dysfunctional part of the body by picturing a line running from the chakra to the organ or body part. This is the "healing line."

Once this connection is made, slowly follow the line that has been created from the chakra to the organ or area of trauma. Your own psychic vision will pick up the colors of the organ. By taking quick glances at the organ rather than staring at it, you'll see the shades of colors of the organ's aura.

As you become more adept at gazing rather than focusing on the organ itself, you will be able to hold more clearly in view the complete vision of organ and healing line. The first color reaction is apt to be the most accurate—the reaction that occurs before your mind has a chance to influence the picture.

The first few times you perform this exercise, make a mental note of the colors you see, or write them down. Then refer to the chart showing the predominant colors available in each chakra. You'll observe some shade of these chakra colors in the part of the body that you're tracking.

Suppose you have colitis, inflammation of the colon. The colon is the lower part of the large intestines. The intestines are part of the digestive system, which is in the area of the third chakra (predominant colors: yellow, orange, and green). The colon is also in the region of the body that falls within the fourth chakra, (predominant colors: red, orange, and gold). Refer to the pages describing the emotional and spiritual issues pertinent to these two chakras, and decide which description fits you more closely. The third chakra deals with personal power, and the first chakra deals with manifestation. With which issue are you having greater trouble? The spiritual issue of the third chakra is Earth enhancer. Are you trying to do something for the Earth, to be instrumental in some way that you're having trouble finding and creating sup-

port for? The spiritual role of the first chakra is creative initiator. Are you having trouble finding the work that you desire? Are you in need of money and financial support? When you first imagine the chakra you've chosen to work with and then draw the healing line to the colon, you'll see some shade of yellow, orange, green, red, and gold.

A healthy chakra is an energy center that is effectively processing the universal stream of energy that enters your body continuously and merges it with your physical body needs and your emotional attitudes and beliefs. A normal, healthy chakra reflects some aspect of all the colors inherent in it. And you may see additional colors that tell you that additional energy influences from other chakras are at play in your body.

A chakra that is blocked or damaged is a chakra that is not using the available energy to maximum benefit. It reflects this diminished flow of energy in the poor aspecting of its colors—meaning only a limited number of colors are seen, and the colors look very dark and dim.

Blocked chakras can be either the result of an already existing physical or emotional condition or can reflect present ongoing issues and fears. If you fell and broke a rib, for example, the heart chakra would look different after the fall than it did before. The chakra would reflect the diminished flow of energy in the chest area, which is the location of the rib. On the other hand, if you had ongoing deterioration of the heart due to poor diet, stress, or active disease, then the heart chakra would initially appear less than perfect, and you would see a very limited number of colors—possibly, only one—reflected in the aura of the heart.

Every person has some degree of blocked energy in one or more, or even all, chakras, and the level of energy in each rises and falls each day. But prolonged periods of low energy spell trouble and allow diseases to begin to manifest. How can you help open these blocked chakras? Use the colors of the dominant chakra to flood the orange with the sequence of colors that are native to that chakra. If you have low energy and are always tired, then perhaps the endocrine system is not fully operational in your body. The endocrine system is governed by the sixth chakra. The colors of

this chakra are indigo, blue, violet, and pink. Imagine the bodily fluids moving through your system filled with each of these colors sequentially. How do you feel when imagining your body filled with indigo, blue, violet and then pink?

Still another way to find the appropriate chakra for a particular problem is to look first at the organ or part of your body where there is a problem and determine what colors you see. Then look at the chart of colors for each chakra, and you'll find the system that is influencing it. If you look at your gallbladder and see green, for instance, then you'll discover that this is a color of the digestive system, the third chakra.

If you see a color that isn't listed as one of the predominant colors for that chakra, go ahead and work with the color you do see. Bring more white or golden light to the area so that whatever colors you're observing in an organ, you add light to it and mitigate or lessen the dark areas. In this way you are working with your own body wisdom, since it knows best what you need.

An Exercise for Unblocking Chakras

Sit in a straight-backed chair. Be sure both feet are squarely on the ground, hands resting in your lap, palms up. Attach the "healing line" of energy from the appropriate chakra to the troubled area of your body, as I've suggested earlier.

Picture a beam of golden light coming into the top of your head and flowing slowly downward to the chakra that you've decided affects the part of your body that hurts.

Let this golden light of Divine Love move down the healing line to the specific organ and surround this organ with this golden energy.

When you feel complete, allow the golden light to move back along the healing line to the chakra and continue through the body and out the feet.

If you are having a lot of pain, then leave the light in place around the organ. You can go back to it later if you begin to feel jittery or anxious, which means you've received enough energy. A

headache can also suggest that you need to walk around and move the built-up energy from your head down through your body, or wash your hands and face in cold water.

It may be inappropriate for each chakra to be completely open. The desired openness depends on the level of life-force energy appropriate to that part of your body and in the particular environment in which you find yourself. If you live with people who are very critical, for instance, then your desire to be different, to take chances, to risk being different will be interfered with, and this fear of being vulnerable will show up in the reproductive organs of the second chakra. This is the chakra influencing your releasing the old and engaging the new, the dreamer in you. A stressed second chakra may appear in darker colors, or you may only see orange rather than the full complement of orange, red, and yellow.

You'll be able to sense whether or not an organ's aura looks healthy. You can tell whether the emotional and spiritual issues represented by the governing chakras are those with which you have a healthy relationship or an unhealthy one. Trust your own intuition, and ask your divine teachers for help and guidance. ✨

As I studied Mentor's thoughts on sound, color, vibration, and their counterparts in the chakras, I realized that it was no coincidence that my new sense of self-allowance encouraged me to look further into his words than usual. I saw that his teachings transcended mere linear thinking and drew me into a reality of multiperceptual systems, which held the potential to heal. Mentally, I stepped back to observe this insight and became aware that Mentor meant for me to synthesize his spiritual teachings with a viable physical path to healing.

An understanding of energy and the vibrations that influenced the human energy system was to grow slowly within me, becoming a major part of my focus in healing work. As I continued to respond to Mentor's instructions on exploring these different healing modalities, I gradually developed the perceptual abilities to observe what was physically, emotionally, psychologically, and spiritually true and in place and in progress in another's body. Mentor's thoughts and my personal experiences in healing are contained in Chapter 8.

Chronic Disharmony: The New Norm

✧ We spoke of wellness as the goal all people hope to achieve. Yet your civilization is today beleaguered by chronic physical woes. The bodies of even the young are weighed down with problems of obesity, lack of body firmness, poor circulation, decaying teeth and bones, deteriorating nervous conditions, and much more. Why? Increasing spiritual stress is the reason, and the solution thus lies in a better appreciation of spiritual energy, which comes from living in love and joy.

People accept neurotic behavior as normal, and deviations in behavior have become accepted as inevitable. These results are not inevitable, but neurotic behavior takes attention and spiritual discipline to change. A pill or a hug isn't enough to change and awaken one's spiritual energy flow. The life-force energy within the body is the dominant healing agent.

One's physical, emotional, and spiritual bodies will optimally reflect personal harmony and compassion. The body responds in health to its environment when fed a diet of nurturing positivity. Conversely, the body balks and its energy system becomes jammed when fed a diet high in negativity. Keeping one's body functioning at optimum efficiency allows maximum benefit for life. One can move in accord with one's own wishes, reaching out and achieving in whatever direction one is drawn. Whenever pain immobilizes the body, the psyche and inner dimension of knowing are kindled to regain health. The formula for complete health is concrete and easy to understand: whatever is fed into the body in thought or action reacts to enhance or diminish health.

There are, of course, many approaches to developing a positive framework from which to launch a successful life. Visualization, awareness through sound or movement, meditation, prayer, simple receptivity to love, openness to the positive energy of the cosmos—all of these focus the power of positive energy and Divine Love into the physical level of life.

The inner space of the body, as well as its outer space as one's living environment (the small *s* of self and the large *S* of soul), have the potential for finding complete harmony. Intention followed by

complementary action further the flow of positive energy. Life is potential wholeness, potential in that in order to create health and well-being, you must first engage your will to change and heal. This engagement of your will, your intention to heal, brings the blessing and life enhancement from all levels of the universe into your body and life. Treat your body and your feelings with loving attention. As you offer your body gentle care, your spirit will expand in energy and guide your life to the safe harbor where you can gain new vision of the powerful spiritual qualities you brought with you to Earth to use for yourself and for the betterment of others. ✨

7 *Beneath Earth's Greenness*

*"Life blossoms into abundance
covering the Earth with its grandeur.
Nature and humanity serve a common destiny:
nurturing the planet with love."*

—MENTOR

WE HUMAN BEINGS HAVE GROWN TO accept a given number of characteristics as parts of our basic nature. For example, we tend to doubt the existence of the non-physical world before we believe in it, and we accept the experience of doubt as our innate process of discernment. We recognize the aspect of the human personality called ego, and yet we are loath to admit that any of our behavioral patterns are the result of our own personally insecure egos. It is finally dawning on more and more of us that the once-respected human policy of "an eye for an eye" can now result in the total annihilation of the planet, and yet even with this knowledge, we still hesitate to alter our behavior.

A natural extension of that egocentric view is the manner in which we relate to our planet. We have come to believe that what makes a human life or another form of life valuable is its ability to

serve our needs. Within the human community, the moment a person can no longer perform a task, he or she is seen as diminished in worth. This belief has a multitude of tributaries. If someone believes that the value of a person's life is in his or her ability to perform, then that feeling is apt to carry over the person's view of all life forms, whether they be animal or plant. Further, this person will tend to believe that the Earth is here to serve the human race. Within this thinking pattern lies a peculiar psychological twist: If one believes that all life forms are here to serve the individual, the person oftentimes translates that belief into the carelessness and privilege of abuse, for it is just another form of the master-slave relationship. If, however, we can become capable of seeing ourselves as equal to all forms of life, we will recognize and know deep within ourselves that what all schools of wisdom and spirituality have taught us is true: All is one.

In the early stages of Mentor's discourses I failed to appreciate fully the implications of the "all is one" concept. Further, the corollary that follows the appreciation of the concept eluded me. Simply put, that corollary is: even if we accept the profound truth from an intellectual level that all is one, this awareness will still make its way inevitably into our hearts. From our hearts this belief will influence our daily choices of the foods we eat, the clothes we wear, the medicines we take, the composition of the homes we live in, and on and on. Once we've accepted that living things are part of our family, we will no longer harm them.

If this idea of humanity's equality with all life sounds outrageous, consider what the state of disbelieving that idea has created. Humankind has subjectively determined the consciousness levels of animals and plants on the basis of their ability to serve it. We permit open hunting seasons on those animals that are useless to us except as game in the so-called sport of game hunting. Flora and fauna that seem undesirable as food to us or are subjectively ugly or are perceived to be useless, we exterminate. Our design of preservation or annihilation is entirely capricious. This is an appalling thought, yet it is so true.

Mentor returned continuously to discuss "oneness" and,

specifically, the sentient quality of every life form. I wondered at our arrogance, our obvious lack of personal reverence for the planet. Perhaps what accounted for our present state of dis-ease with nature was each generation's continued lack of bonding with nature. As more and more of the natural world is converted into marketplaces, strip malls, parking lots, and gas stations, the chasm between our heritage as part of the "creature world" and our insatiable desire for materialism vanishes, and with it goes our understanding of nature as our home. Species extinction, pollution, in-ground nuclear blasts, and general havoc reaped on our natural systems come from a lack of conscious feeling, based probably on ordinary indifference. We've forgotten that we were ever connected differently to the land. Mentor was eager to talk about what he called "beneath Earth's greenness," and I was eager to listen.

Nothing on Earth Is Expendable

✧ *Myriad forms of beauty and trillions of individual patterns of life create the vast and varied tapestry of your planetary living experience. Earth is dynamic and dramatic in its diversity. Every living thing, with the exception of humanity, believes that all separateness is only the diverse expression of "oneness."*

Each individual life is as special as a note on a musical score, where whole, half, quarter, eighth, and sixteenth notes each fill a designated space. But realize that no two notes ever take up the same space. No two people take up the same purpose or work in the world, no two roses are exactly the same, and so there are no extra elements of life in nature. All life forms are essential to the total support of the interconnected system. Even the gradual extinction of species is a part of the changing landscape of Earth, for patterns of extinction on Earth, except for those patterns that are the by-product of human activity, serve the purpose of slowly contouring life to fit the Earth's needs.

In order to understand nature, you need to appreciate the many cycles of life in any one particular ecosystem, for each cycle serves a purpose. You might think that old trees fallen to the for-

est floor are useless, that they can and should be carted away. But these trees provide essential nutrients for the next generation of seedlings and small creatures that make their homes on the forest floor. A wetland may seem a useless place of dead trees and standing water, but a wetland is actually a haven for many creatures, and it acts collectively as a great sponge absorbing ground water and precipitation. So learn not to look at only one tree or one dead stump in a swamp; instead think through the ways in which each individual living thing supports ever larger and larger systems of your Earth. Every twig that drops to the stream below causes repercussions energetically to all the systems on Earth.

Human creatures, along with all the other forms of life and living systems on Earth, create an energy grid, a great collective intuition, from which a heartbeat can be felt far beyond the physical boundaries of the planet. This pulse heralds the emergence of new life forms as well as the demise of those moving into extinction. This pulse is like a giant drum, drumming out the changes on Earth so that all may be aware. This drumming pulse is the dominant beat of the Earth, and all rhythms, whether the heartbeat of a raccoon or the tides in the ocean, are derivatives of this one great collective “knowing” from Earth.

Many people currently fail to care what happens as a result of their destructive activities. What blocks such people from seeing the truth that natural systems are alive and deserving of respect and empathy? Is it greed for personal gain? Is it apathy or lack of sensitivity? Is it lack of self-love? From whatever inner warp, children grow into adulthood without a reverence for the natural world, and they become a menace. Lack of reverence means, in spiritual terms, that they’ve forgotten their dreams, which spring from life that is continually renewing itself. They have lost the heartbeat and forgotten their role in the Council of All Creatures. ✨

Mentor’s comments were both chilling and gut-wrenching. What, indeed, were we thinking, to allow our planet to be so abused? I wanted to ask Mentor a question that had long been of

concern to me. I wanted to understand the reason for predation. Why did one living thing have to eat something else in order to survive? While I understood that the small creatures provided life for the larger ones, why, if the universe is based on love, is the Earth system structured in such a way?

✧ *The answer to your question, Agartha, is that predation is a product of the life-to-death-to-life cycle under which your Earth School was born. Your learning environment, for the moment, is one aligned with change in the form of cycles. This means that cycles are the vehicle of spiritual change with which you must grapple. Cycles continually shift and change your perception. Your challenge is to find a still point and to remain mindful of this point, no matter the other changes in your physical living environment.*

The still point, then, is the point of spiritual contact with the Divine while in the Earth-School environment. Pain and suffering is the form that your Earth School has taken in its search for balance, alignment, and God-realization. Other living environments on other planets have other means of spiritual discovery. But pain and suffering do serve to turn your perspective to your still point. If you human beings, when you are preparing for transition, can come to a place of inner peace, what makes you think that animals are unprepared for their transitions? When it comes to dying, people struggle a great deal more than do any other organisms.

The simplest way to arrive in a peaceful place as you or any living thing approaches its death is to come fully into one's spiritual contract with one's own kind and the other living elements. Native peoples and the creatures of the world realize this, and so they seek to be alone when they die. This action is taken not because of rejection by the tribe or on account of heartlessness, or from fear or panic on the part of the animal, but rather as the result of a deep instinctual knowing that they are accountable to the collective energy of their own kind. Whether an animal is a bobcat, a skunk, a kangaroo, a snake, a camel, or a member of some other species, its specific kind has a purpose on Earth, and

this purpose is represented at what you might call a Council of All Creatures. ✨

The Council of All Creatures

✨ This council, rather than being an actual gathering together of all creatures, is instead a spiritual awareness possessed by every living thing before it even incarnated on the Earth. Each living thing has worthy qualities that contribute to raising the vibration of the entire Earth School beyond pain and suffering. A bat has stealth, a squirrel has tenacity, a deer has fleetness, a bear has power. Think about the animals in your part of the country, and consider their gifts. No creature dies in vain, for all have lived their worthy qualities naturally and in this way improved the quality of life for all.

The Divine Source moves in and through all living things in ways that are unique to each life form. Human creatures tend to search for God in a more literal sense than do the animals and plants, which accept God as the Divine energy that merely “is.” The search for the why, the where, and the how of God’s operation in human lives is unique to human creatures. This predisposition to know, to see, to organize, and to chart the future is intended as the gift the human creature gives to the rest of nature. When humans live in a wise way, they help chart and create the future for all life on Earth. Humanity must regain its lost instincts as the human creature responsible to all life. Humanity must remember the deep pulse of knowing its place, purpose, and focus as part of the Council of All Creatures.

A way to begin to remember your human purpose as part of the natural world is through appreciating all life as beautiful. I’m suggesting that every living thing is beautiful because it possesses spiritual essence and is living its purpose. When you appreciate beauty in this way you honor the God within all creation, and you honor your purpose as a human animal in furthering honorable intention and wise action on behalf of all life. ✨

I thought about Mentor's Council of All Creatures and realized that most of us would feel unworthy to appear at a such a gathering, if it were tangible. I began to think that we should act as if such a council were an actual gathering of the world's creatures. I thought about the worthy qualities and spiritual assurances that I might wish to offer to the council if I were to represent humanity at such a gathering. My "rules of trust" would include the following:

- *We accept and honor all forms of life as both spiritual and physical.*
- *We believe that any form of life that fails to love and care for the whole will be ostracized from the protection and wisdom of the council.*
- *We appreciate the gift of life for ourselves and so accept our responsibility to honor all other life on the Earth.*
- *We will honor diversity and uniqueness wherever we find it and seek to protect and preserve it.*
- *We accept changes in the natural systems of the Earth as our call to adjust our own living styles to complement these essential shifts.*
- *We love ourselves enough to care that, to the best of our ability, we bring only joy and well-being to all living things.*
- *We will walk lightly on the Earth until we leave.*

✧ *Nature is fast losing interest in joining in any kind of a partnership with humanity, Agartha. And, of course, you realize that humanity cannot survive without nature, and even if it could, life without nature would not be worth living.* ✧

"Humanity cannot survive without nature." That thought caused me a very deep and sharp internal shift in awareness. The world and all of nature's wondrous creatures did not need me to exist; I needed them. What use did the ocean have of me? What importance did I have to the wind or the rain, or the entire animal kingdom? But, dear God, how I needed all of these precious forms of life!

Mentor was more than right; he spoke the truth as it has always been. The fact that I had lived for so long not realizing that

his thoughts were true was a sad statement of my many years of blindness about the Earth's needs. My feelings were an indication of the distance I had ventured into the world of apathy and misplaced belief that the Earth would continue to crank out resources no matter our atrocious attitudes and actions.

This reverse in the dynamics of my relationship with the Earth humbled me spiritually. Now, just hearing the expression "Mother Earth" made me choke with emotion. This was a notion, a concept, a thought I wanted to hold in my conscious mind.

One afternoon while sitting in our meadow, I felt as though the Earth knew I had experienced a change of heart. My eyes focused on trees in the distance, and I was totally and gently surrounded by the vibration of the Earth herself. She seemed to embrace me, to enfold me, to say, "I need your help; thank you for being able to hear me."

I felt weak from a sense of shame, wanting to apologize. I needed to say to the Earth, "I did not realize you were in pain. I did not realize you were really being poisoned. I did not understand that the pollution in the air was suffocating you. . . . I did not realize you were truly alive." It may be difficult to fully appreciate the impact of this moment in my life. It may sound positively absurd to think of oneself as developing a relationship with the Earth in the same fashion and with the same social contract that one would honor a new friend. And yet that is precisely what I am suggesting.

To those who would completely disregard the possibility of engaging in an intimate relationship with the Earth, I offer only this response. To the extent that these ideas seem alien, outrageous, or totally incongruous with our reality, that extent is actually the yardstick by which we can measure the extent of our lack of connection to our own selfhood and to the Divine within us and to all life.

While I continued to be humbled by my lack of past consideration of our Earth's plight, at the same time the experience permitted a door to open within my consciousness. Because I no longer felt that I was a life form superior to the Earth, I could believe without doubt or hesitation that the same spiritual guidance available to the human species was available to all forms of life. In other words, sud-

denly nothing seemed more natural than to believe that all forms of physical life had the benefit of a nonphysical support system. After all, I had learned early in my relationship with Mentor that what we held to be true logically here on Earth was rarely what the non-physical world knew to be true, not only as regards the Earth but also in relation to life systems beyond our own.

Somewhere during this period of time, I had begun to recognize a particular characteristic of Mentor's teachings: they directed the human being consistently toward harmonious patterns of behavior, whether Mentor spoke in psychological, physical, or spiritual terms. Every word he communicated was designed to encourage individuals to rethink their belief patterns and, where they found themselves stifled by those patterns, to move beyond.

I now considered the Earth and its needs. Once again, the truth of the idea that all living things are equal applied. Mentor was revealing to me the personality of the Earth, metaphorically speaking. The wider I could permit the door of my consciousness to open, the more I could experience the Earth's personality. In what could be described as a gestalt experience, I knew spontaneously that my ability to see the Earth from the vantage point of the universe included a natural progression of corresponding beliefs. I could no longer commit acts of disharmony and carelessness toward any life form.

As unconventional as this thinking process might seem, consider what is currently held to be true: that nature is a force but not life, that life is of value only when it can be used. Follow the "natural" course of that thought: If an individual has the tendency to judge the worth of anything, then he or she automatically creates two major categories, valuable and useless. That belief pattern includes the perception that would allow a person to destroy the forms of life marked "useless"—or, as Mentor described them, "dormant."

The antidote to this negative pattern is simple but not easy. And only the universe could offer such a spiritually elegant alternative to humanity's present course. If an individual can permit himself or herself to grow in gentleness, to trust his or her emotions, to develop a relationship with the Earth, then the only possible exten-

sion of that inner program has to be peace. Peace requires that people dispel hostility, anger, and feelings of superiority. I am unable to imagine a world mourning the loss of those characteristics. I was to learn, also, that the same positive qualities implicit in loving the Earth also played a major part in communicating with individual aspects of nature.

Evolution: Will It Wait?

✧ *You can and need to communicate with nature. You can communicate and interact with nature in ways that create practical toe-holds for others in everyday living situations that help further define what it means to be one with all of nature. Human life, Agartha, no longer approaches the Earth with an expectation of comradeship, or with a mind seeking in respect to share, or a heart willing to offer love. While there have been times historically when nature has reacted in violent ways, there has never been such disruption as there is in your world today. I will suggest that nature's currently erratic behavior is the result of a slack in the grounding rein that tethers humankind to nature. The increasing unpredictability of nature in the way of radical temperature shifts, floods, Earthquakes, failing crops, unsettled tides, winds, and tremors does indeed suggest that Earth's natural elements are confused and in disarray. Without humanity helping Earth's systems, the connection between the human animal and the Earth is withering. Humanity will soon find no place at the Council of All Creatures, for people are failing to do the bidding of the entire web of life.*

Nature is turning a deaf ear to humanity's fate. And people cannot sustain life on a barren planetary surface. Food, shelter, and the simplest existence are dependent upon the forces that people so blindly subjugate and overwhelm. Certainly, nature could exist without humans, free to refurbish the lush valleys and repopulate the cities with greenness. Unfortunately, people cannot live without nature, but even more to the point, humans are not meant to live outside of nature's wondrous sphere. Humanity is to develop in the role of wise counselor and just

guide, destined to evolve in closer cohabitation with the Earth.

The question becomes, "Will the human race reach to fill this gaping chasm between nature and itself or will humans wait until the opportunity for coexistence no longer exists?" If creatures and living things can become impervious to lethal pesticides and poisons, they can also become impervious to the fate of the human animal. nature will not wait forever.

The natural resources have begun to reform their own bonds to eliminate humanity. If this actually happens, then humans will be obsolete, and they will become extinct. People will be so isolated and estranged from their roots—literally—that they will have no relationship with Earth. A magnificent opportunity for mutual benefit and the growth of cooperation will have been lost, with humans being the biggest losers. Nature will move beyond the reach of human beings, for evolution waits for no one, not even humanity. ✨

There it was! The issue was laid out clearly. Either we would shift our consciousness toward the Earth as a living being and act out of responsibility for nurturing the proper relationship with nature or there would be extreme consequences. Implicit in Mentor's comments was the need to take action to prevent an impending separation that would result in worldwide devastation. The issue of the way one individual could make a difference now seemed paramount to survival. My personal response was that discussion, while appropriate, is not as effective as action.

Mentor's communication on Earth changes and Earth consciousness affected me quite differently from the way the other material had. Discussions on the nature of human and spiritual consciousness are matters for each individual to consider as he or she is drawn toward investigating more enlightened patterns of living. While the effect of this process is indeed dramatic, it remains intimately personal and self-initiated. The individual makes the decision.

But the reality that the Earth was alive and presently concerned with its own survival caused me to view every aspect of life from a radically different position. I would find myself, for

example, involved in "everyday" conversation with someone, yet thinking simultaneously, "I wonder what she would say or do if I shared with her the probability of Earth changes? Would she believe me?"

Certainly, no notion could sound more absurd to those without a spiritual sensitivity to nature's ills. After all, we are no longer a culture that, in the mainstream, respects prophecy. Indeed, we exist within a reality in which angels are only just becoming a believable source of inspiration and guidance. And yet, is it really such a difficult scenario to imagine? It is an unfortunate human trait that we tend to disregard as somehow less than real whatever we have not experienced personally. We can discuss poverty, for example, as a tragic aspect of the human condition, but that is hardly the same as the experience of hunger.

We can "imagine" the horror of nuclear war, but that amounts to nothing more than an intellectual exercise. Having a bomb destroy your city—or country—is a "reality" whose total and genuine horror defies our imagination. And what is even more frightening is that human beings are rarely moved into action unless the bomb is dropped on their front lawns.

After any shocking experience, the warning signs become incredibly apparent, and it is clear that the event was in the making before it happened. Historically, we see with clear vision. Are we so blind to think that the same process, those same warning signals, are not being given to us now? Why does each generation work so desperately to promote or enhance its own reality, oblivious to past mistakes and successes? It is dangerous to believe that what is old is useless, whether it be current truths or the knowledge already gained by our ancestors.

I needed to remind myself that only because Mentor's existence and experience is unlimited by Earth's time and space reality was I being allowed to view a probability that in all likelihood was already forming or was indeed already under way. It was one thing to be shown destruction as a fact and another, much more frightening, to be shown a highly probable future, probable unless humanity quickly changed its present reckless course. I also real-

ized that only a small portion of the entire population was concerned with impending planetary disaster. It was inconceivable to think of a world where humans had become at war with plants and animals. If the natural laws of the universe were causing this struggle to be played out, then it needed to be played in an arena where all could understand the rules and where the potential outcome for failure could be shared jointly. I considered the necessity for change, wanting and needing to participate in these new directions before nature moved beyond our reach forever. I asked Mentor to continue.

✧ *Nature's usefulness as a continuing food source is becoming diminished. The food that is produced is filled with the artificial, negative materials and lacks the overriding positive energy infused in a natural growing cycle that is unforced. While the use of chemicals has compelled greater production, it is hollow production, for in this kind of bloom or grain there is no integrity. Production forced through artificial means has omitted seeking permission from the plant. The plant is coerced into producing, not allowed to produce according to its natural rhythms and cycles, and herein lies the difference. Violation of plants by this force-feeding method actually shortens their life cycles and eliminates any joy in the production process. Even the water is becoming so acidic and filled with garbage as to make it undrinkable and highly polluted. This means nature is also put at a disadvantage because it cannot replenish itself with clean waters. How can plants or their produce be healthy for people to eat when they are prevented from having a proper relationship with the essential elements that provide for their joyful and complete growth? How can people know that the planet suffers, and feel called upon to change actions that cause this suffering, unless men and women are sensitive to the "voice" and "vibrations" of the living things all around?*

When the people of the Earth experience for themselves a connection with other life forces of the planet, then they will alter their approaches to agriculture, industry, mining, and animal experimentation. ✧

Interpreting Nature's Perceptions

✧ We've talked about experiencing vibration as "spiritual telepathy," the guidance from nonphysical sources of inspiration, and we've discussed "tonal resonance," the perception between creatures, including humans, on the Earth. In order to wind our way toward practical ways you can communicate with the plants in your garden, Agartha, let us explore in greater detail the vibrations of "tonal resonance."

All living things are in some form matter and are thus energy, which is made up of vibrations. When you interact with other living things, you are really sensing these vibrations and interpreting them to read your environment effectively. While all living things perceive their surroundings, only the human animal fails to value intuition as the most expansive part of perception. While all animals and plants possess intuition, it is woven into their sensory mechanisms rather than identified as a separate skill. In the human being intuition is meant to play a dominant part as a way of compensating for the limited range of perception in sight, hearing, touch, taste, and smell.

Vibrations help every level of life identify its environment and the living things that live there. Crickets interpret the vibrations from other crickets, while daisies learn what is going on in other parts of the field or the garden from other daisies as well as other flowers, trees, and animals.

Animals experience vividly what they cannot see, hear, touch, smell, or sense by using their intuitive knowing, which causes them both to find their own dinner and to avoid being dinner for some other creature. Animals and plants, however, interpret perceptions coming to them more accurately than people do. People rely on words rather than on their senses and instincts, and words fail to reflect a thorough or accurate picture. When people tell you, by contrast, that they know what a plant is feeling, they are telling you that they have moved past the limitations of language and rational thinking to feel and experience "like a plant." Through becoming the plant, the person senses like the plant and listens like a plant. This listening can then be interpreted into language, if this is desirable.

To practice developing your deeper animal instincts, first with other people, imagine that you want to communicate with someone, but the person speaks a foreign language. In what ways could you communicate? You might draw a picture with a stick, make certain noises, or demonstrate what you mean with facial expressions or movement. You are therefore making a special effort to communicate with that person. So should it be when you communicate with nature. As you learn to perceive all the input from your environment and merge it with your intuition, you become more able to communicate with creatures, plants, and trees accurately.

To open doorways to communicating with nature, try first communing with nature. Pay attention when walking in your gardens, or walking in wild areas, or visiting parks or a wildlife refuge. See your outside activities as interactive and ask yourself if you're giving and/or receiving, and if so what specifically you are giving and what you are receiving. A plant that grows in the crevice of a craggy rock has a different root system, a different appearance, and a different vibration from one raised in a cultivated garden. A stream has energy that is different from a river's and from the ocean's. Farms that use natural materials on the lands have a feeling decidedly different from the feeling of those that are deluged with chemicals and pesticides. What does it mean to nurture nature? It means to allow wild areas to stay wild; it means to meet nature of its terms. If you need to build a house or a business, then ask the land, the trees that will need to be cut, the environment in which you hope to build, to bless your decision. Depending on what you experience, be prepared to change your building site or your drawings for the buildings.

All life, no matter how small, has a sense of universality. Nature responds to love and feels indifference; it appreciates care and reels from abuse. Nature's perception of the true motivations and intentions people hold is nowhere more obvious than in the raising of a single seedling. When your attitude and actions are loving and attentive, plants grow markedly better, are healthier, and produce more than plants given minimal attention and/or covered with artificial pesticides and chemicals.

All life, including the human animal, has the potential to give and receive love and to intuit an appropriate course of action to support all life. Humanity alone can make the choices to help nature and to advance the universal principles of respect and compassion for all life on the Earth. ✨

Communicating with Nature: Fact or Fiction?

✨ *This is a great opportunity for you, Agartha, and for others to develop a deep, lasting, and more specific relationship with the land and plants around you. You have nothing to lose and everything to gain, and the Earth will respond to every person's love. Think what it would mean if many people participated actively in conscious partnership with the Earth. ✨*

I thought of the Findhorn Community in Scotland, now more than thirty years old, and the community's world-famous gardens. The magnificent vegetation bursting forth from the gardens shocked the world, especially when it was explained that the horticultural achievement was due to the established communication between the nature kingdoms and humanity. The community had effectively created with nature a partnership that mystified traditional scientists who struggled to explain, in more conventional terms, the gardens' bountiful vegetation. I believe that Findhorn was the universe's way of calling attention to the dynamic impact of a union between nature and humanity. It validated the truth that when humanity cooperated and worked in harmony with the different kingdoms of the Earth, the dynamics of growth could be miraculously enhanced.

My family and I now had two things in common with the Findhorn Community: one, our garden, and two, that the explanation for the striking vegetation in our garden was the same. Those who saw our garden frequently had to consider that the most unbelievable explanation for its product was, in fact, the only believable one, since we too had built our garden through a partnership with nature.

✧ *Good communication is as essential for your relationships with the land and the living things on Earth as it is in your partnerships and friendships. Communication with nature is the most obvious means of mitigating current abuse of and disrespect for the Earth's natural systems.*

In communicating with any aspect of nature, your perceptual experiences may include all or none of your five senses but will always engage your intuition, your vehicle for nonlinear discovery. Your challenge will be to experience nature without depending only on language. Plants and animals speak sensually and intuitively. Whatever you experience will need then to be put into words, if you are to share your experiences. ✧

I could feel myself drawn into Mentor's words as well as to his level of human expectation. It did not shock me to think of talking to my plants, since I had been doing that for years. It was novel, however, to consider having a dialogue with them.

I wanted to know what these communications truly felt like, how they might differ from my times with Mentor, and in what way I might have an exchange with the elements of life in my new garden. Given how far I had come in perceiving Mentor's thoughts, it did not seem strange to be considering actual communications with the plants I tended so carefully. Communicating with life in whatever form began to feel more and more natural as Mentor talked of the enormous need for this exchange. I was eager to go into the garden with him to experience a new level of perception.

✧ *Experiences with nature often hearken back to childhood, when you had fewer inhibitions in responding to what you felt intuitively. If you were free to experience nature when you were a child, then you have these memories to return to. If, by contrast, you were denied these experiences, then as an adult you will surely need to take your courage in hand and just begin.*

Communication can take the form of the subtlest of awarenesses, a sense of pressure on the body, a waft of color before one's closed eyes. For example, Agarthā, when you feel the small hand

of your daughter, Melanie, slip into yours, you are unsurprised, because you look down and see her standing there. If, however, you felt the small hand fit into yours but saw no Melanie, you would dismiss the experience as random sensation. Just so with most gardeners or tenders of the wild: they look down and see nothing, so they dismiss whatever sensations they perceive.

You may choose your times of communication as part of a meditation outside, or as part of merely sitting or lying in the garden or field, or in merely keeping your focus on “listening” and “sensing” while working or walking around. Along with direct communion with nature comes a joyous sense of oneness, renewal, and rebirth. Direct communication also provides humans with a primary experience of life and death and thus helps you appreciate the gift of your own lives. Your initial exposures to the plant and animal worlds will occur, in all likelihood, when you least expect it and when your mental defenses are down because you are especially peaceful and happy. ✧

The Communication Process

Mentor's words drifted from ideas that made me fearful to words that encouraged me. He was suggesting that valuable insights were possible when one proceeded with an experience of the energies in the garden. I was increasingly intrigued by the prospect of an actual garden communication and eagerly awaited Mentor's invitation to introduce me.

✧ *Very well, Agartha, here are some thoughts in beginning a communication with the spirits of nature.*

1. *Sit quietly outside in any pleasing place. If you desire communication with a particular plant, sit close to the actual physical presence of that plant. You can also communicate with categories of plants, since every living thing has energy, and when you communicate with plants together, you can hear their collective voice.*

2. Picture the plant, garden, stream, or individual natural element you are seeking to communicate with. Picture this element the way you image it to be in its optimum condition: healthy, clean, joyful. This inner picture acts as an energy invitation, welcoming the plant's energy, literally drawing it to you.

3. After the specific imaging comes a period of quiet acceptance. This means the picture of the plant should be allowed to drift away; in its place accept the energy of the plant or part of nature to appear in whatever way or through whatever representation it chooses. By releasing the exact representation of the vegetable or flower from your mind, you allow the plant to "show" you what it is really experiencing or what its view is. You may be picturing a marigold, for instance, and smell a pungent fragrance. You may imagine a plant of broccoli and feel drawn into a rounder or stalkier sense of yourself. Allow the energy of the plant to appear in whatever vibratory form it wishes: auditory, visual, perceptual, or tactile.

4. You may need to work at this communication for awhile, because most plants are unaware that humans are trying to talk to them, so they are not "paying attention." To get a plant's attention, talk to it, notice its beauty and its purpose. Praise and honor it. Then sit by quietly and wait. It will know that you are interested.

As with a friendship, once you have a communication with nature, continue to talk and share yourself. Trust and love are as critical in your garden as they are in your partnerships. Communications in the garden are meant to be enjoyable as well as informative and above all to draw human creatures closer to the other creatures of the Earth.

Accept that you sense what is around you because you are meant to. Say to yourself, "I give myself permission to honor my experiences and to accept all that I feel, because I'm operating on my own most basic animal nature."

Accept that what you experience has some purpose. Much as when breathing in a fragrance, you may or may not know where the scent is coming from, but you accept that the fragrance is actual. And so it is with nature communication. Trust what you experience. ✨

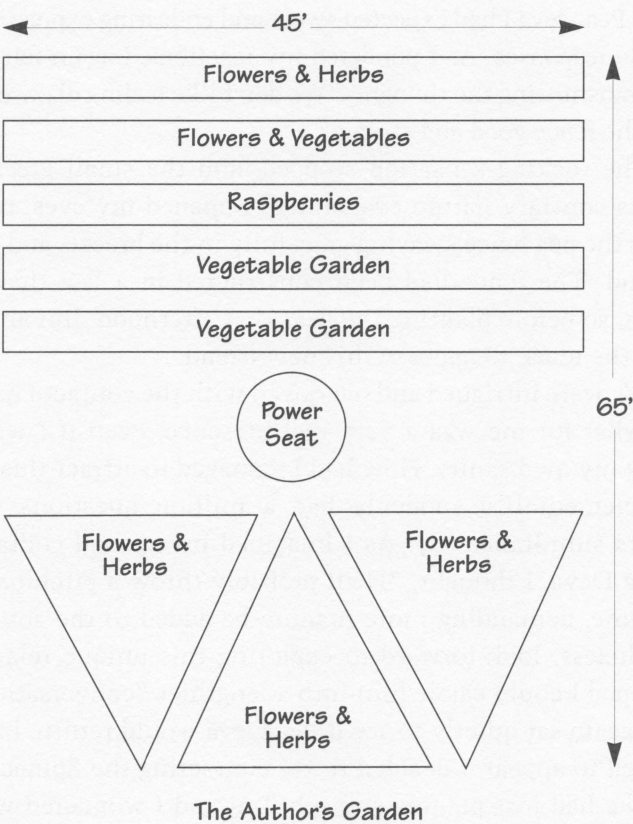
The Garden Energies

Communicating with nature as individual garden plants, I discovered, is a very different, more conscious experience from communicating with Mentor. nature has diverse expressions that are sometimes joy-filled, other times pensive, often tentative, and often exuberant. My first communication was a most unusual experience, complete with an intriguing twist.

I chose a beautiful morning to go into the garden and try out Mentor's instructions for communicating with plants. I sat in what has subsequently been dubbed "the power seat" of the garden, because it lies at the center of the three equilateral triangular beds and just above the five long rectangular beds. This "power seat" is perhaps the best spot to come and sit to experience the energies of the garden. As I sat down in this location, I was directly in front of the new wire fence we had erected to support the growth of the peas we were about to plant. I closed my eyes and mentally went through Mentor's steps to invite the energy of the garden and/or plants into dialogue.

Nothing happened! I opened my eyes, looked around, decided I'd try again, and again mentally retraced Mentor's instructions. This time I chose to imagine a bright round green pea, in hope of attracting the energy presence, or deva, for the pea plants. Because the color green is not a color I visualize easily, it took me a little time to actually create the green pea image in my inner vision.

Yet no sooner had this green shape taken up space in my mind's eye when an extraordinary thing began to happen. The image suddenly took on a life of its own, first shrinking in size so rapidly that it appeared to be actually speeding toward me. I braced for the impact. To my amazement, a living green pea uncurled itself, and up stood a small, rather watery-looking, green shape. I was sure I was



dreaming. Cautiously we eyed each other. I did not dare move. With the many experiences I'd had with Mentor as pure energy, I was unprepared for garden energies to show themselves with a specific shape and dimension. I considered what to say. Then, as if my quandary had been felt by the Pea Deva, the figure disappeared instantly. "Now what?," I thought. "Have I failed stage one?"

Disappointed, but also somewhat relieved, I sat and tried to collect my thoughts. Almost immediately a strange sense of motion began to upset my equilibrium. "What is this?," I thought, as I considered that perhaps this strange feeling was coming from the Pea Deva. Just as I was about to open my eyes, I sensed telepathically a thought impression from the Pea Deva, saying, "How do you like that?" I was speechless, and clearly unhappy about feeling so dizzy.

From a Pea Deva I had expected sweet and endearing expressions not irascible responses. As I pondered my reactions, I again felt the Pea Deva transmitting the thought, "We don't like feeling dizzy either, so make the fence good and strong!"

The rocking sensation stopped, and the small green figure with its contrary nature evaporated. I opened my eyes, took one look at the pea fence swaying gracefully in the breeze, and laughed out loud. The fence had been constructed in a less-than-sturdy fashion, so before planting the peas that afternoon, Jim and I reinforced the fence to appease this new friend.

We were intrigued and overjoyed with the contact I had made with what for me was a very real presence, even if I was questioning my own sanity. How had I managed to attract this strange little elemental? I suddenly had a million questions wanting answers simultaneously. As I imagined my second contact with the Pea Deva, I thought, "He'll probably throw a pitchfork at me next time, demanding more manure be added to the soil." I did, nevertheless, look forward to exploring this unique relationship and hoped I could cajole him into a lengthier "conversation."

I again sat quietly to see if Pea Deva would return, but when he failed to appear, I decided to try contacting the Spinach Deva, since we had just planted spinach. Jim and I wondered what the nature of this energy might be.

As I called forth the Spinach Deva I realized that the way I would "communicate" with any deva was, as with the Pea Deva, through visual impressions and images to which I would then put my own words. Being a very visually oriented person, I found it easy to learn in this way. For those who are sound-sensitive, they would surely "hear" plant sounds, which they too would interpret into the meanings they felt were being transmitted.

Over the subsequent weeks, months, and years I was to discover that communication with the nature spirits is a very personal experience. When we work with the way we sense, see, hear, smell, or feel other life forms, we open our own spiritual vistas and fill our senses with the "voices" and sounds of all life.

By following Mentor's guidance, I was able to invite the var-

ious garden energies into a "communication" and experience their presence. As I concentrated on holding a flat image of a particular plant in my mind's eye, the image came to life in some way. And once given vitality, the deva told me a story via a series of impressions as I watched the shifting images conveying the deva's intention, needs, and/or desires.

The lively images that emerged with each subsequent communication reminded me of our own lives. We have a physical body that is inanimate without spiritual life-force. When life-force fills our body as a tiny being, and we are born into the world, we too have a story to tell, just as does the plant. By expressing my interest in, and support of, different plants, I was literally lifting them off the flat surface of a picture and infusing them with life-force energy. My belief that all living things have essence allowed them to appear to me, just as Mentor had described the way in which particles appear to the scientist when he or she is looking for them.

In a much more extraordinary way, Jesus of Nazareth brought life to inanimate objects and even to physical bodies. By seeing the shell and outline of a person, and through his own deep belief and his intention to be an instrument of healing, he became a channel for infusing the physical body with life-force energy. The result was that Jesus could, in fact, raise people from the dead. The more I reflected on the extraordinary nature of "enlivening" an inanimate object, the more I accepted how little we understood of the purpose and power of our intentions and attentions to give us a view beyond our normal physical senses.

The images I was able to tap from various plants showed me that the plants clearly heard my thoughts, and in return they told me their stories, expressing their needs, their struggles to grow, and their appreciation of each other.

SPINACH DEVA

The Spinach Deva appeared to me initially as a mass of shiny, green, ruffled leaves, just as the picture looks on a seed package. At first its image was a bright, healthy green, with well-developed leaves. But as I watched, some of the leaves quickly began to turn yellow. Next, I noticed strange changes in the roots, as the tiny

hair-like roots grew rapidly, shooting out in every direction. I felt as if I were watching a time-lapse photograph. As the roots grew they ran into stones everywhere, and I sensed that they were stunned, maybe even stymied. I'd never considered that roots had problems with stones and rocks in the soil. I'd just imagined that the roots went effortlessly around these impenetrable objects.

My interpretation of the Spinach Deva's story was that I should watch for potential potassium imbalances in the soil, since I realized that a lack of potassium turns plants yellow. I also realized that the roots would have a hard time growing around the many stones present in their growing soil and perhaps even felt bruised and maybe exhausted from the struggle. While I couldn't remove the stones now without severely disturbing the current spinach plants, I vowed to dig out more of the stones prior to subsequent plantings.

ONION DEVA

My perception of the Onion Deva took shape as I was shown the strange contrast between the pungent odor from its fruit, which makes us cry, and the deva's exceedingly gentle nature. In my own inner knowing, I sensed that the "roundness" and "layeredness" of the onion's fruit were important to its own inner discovery of its nature. The Onion Deva clearly helped us peel away our own personality layers to experience our own gentle natures in exactly the same way.

CHIVE DEVA

I was intrigued with this deva's energy, because we were growing chives abundantly in many parts of the garden to help keep away bugs. The plants were obviously thriving, but they had no discernible "personality." The picture I experienced was of a rather solitary deva completely intent on focusing upon its own work of growing, and content to do so.

Another piece of the puzzle of communicating with garden energies fell into place when I sought to call forth the energy of the chive plant. My "invitation" again involved filling the seed-packet picture

with life-force energy. I saw, however, the impressions not of just one individual plant but seemingly of all the many chive plants in our garden. I learned that we can call forth the impressions from an individual plant or the collective energy of a specific species or genus of plants.

POTATO DEVA

The Potato Deva had an entirely different nature. Because potatoes grow under the ground, I think of the potato as the surprise plant. After potato foliage dies, you "go a'diggin'" to find the lush tubers in the soil. The Potato Deva had what I might describe as a corrugated energy—filled with ripples and movement. Its energy felt prolific and abundant, and I pondered my feeling that the Potato Deva helps harmonize the energy of the entire garden.

As I thought about the various shapes of the plants in our garden, I began to see that, rather than their purpose growing from their form, their form matched their purpose. I'd never stopped to consider that the role of "harmonizer" that the potato plays in the garden determined its form, which was a single-stalked plant that produced many individual potatoes. If the Potato Deva's purpose was to promote harmony in the garden, then perhaps the analogy for humanity is that while we too are different individuals, we are also tied to one stalk: the Divine.

The fact that a plant changes and adjusts to its surroundings suggests again that its form comes from its purpose. I believe that a plant can express its purposefulness in many forms, which are subject to change, and the plant will still grow. If a field of flowers and grasses is replaced by a parking lot, must the plants growing around the edges of the paved area "rethink" their form to match their purpose? If a potato plant, which provides the "harmonizing" energy in a garden, were suddenly to find itself growing in a crack in the concrete in a parking lot, would it seek to balance the energies of the other living elements, such as all the people who were parking their cars in the lot? I felt that the answer was unequivocally "yes." The potato plant, in living its energetic purpose of "harmonizer," would need to change its manner of producing potatoes, since the tubers obviously couldn't grow under

the asphalt. Yet the potato plant would continue to live its purpose of bringing harmony to all living things in its vicinity. It suddenly dawned on me that we should select plants for our garden that, energetically, help us accomplish our spiritual goals.

I decided to rethink the plants I wanted in our garden. I sensed also that in going into our garden and sitting next to the potato bed, I, too, would feel more harmonious. In coming into the potato plant's range, I was giving myself the gift of harmony by experiencing the subtle energies of the plant.

I quietly offered a prayer of appreciation for these insights and the opportunity to find a special closeness with the beautiful creatures, trees, and plants that grew on our land. I also realized that rocks are precious, too. While the larger ones may impede the growth of young roots, rocks are an essential complement to life. We appreciate their value and beauty in the many stone walls we are currently building.

✧ *Agartha, plants do have the capacity to help and heal you energetically, not just as you consume their leaves, bark, stems, or fruit and produce, but also by your being in their vicinity. Obviously, many plants of the same kind produce a stronger effect than only one or two plants. Continue to find the purposefulness of your plants so that you can and will plant a garden for the energetic effect it produces as well as the produce that you most enjoy. Enjoy this day, and grow into these precious new understandings, for they are laying the foundation for your work in energy and also are enhancing your understanding of the Earth's wisdom.* ✧

The next morning, Jim and I sat in bed before going out to work in the garden. We were thrilled with the nature contacts and wanted Mentor's perspective on our progress. Jim was both excited about the communications and feeling discouraged by his inability to pick up any perceptions.

✧ *The devas you contacted were certainly willing to participate with you. Yet this may not always be the case. Some of your land*

has in the past been neglected, and you will need to ask and continue to ask before being allowed to participate in a significant way.

Your garden is to play a significant role in your lives, because it demonstrates the relationships possible with all living things, including people. It is also your laboratory to try out new ideas based on these teachings and to enhance your understanding of the energetic nature of plants and creatures.

Jim's role in the garden is based on tactile senses rather than on "seeing." He should concentrate on holding the soil in his hands and on touching the plants individually to feel their energy. What Jim can sense, for instance, is the actual process of the plant receiving its nourishment, as well as discarding its waste products into the air and into the soil. He offers your garden opportunities different from yours, Agartha. He offers dedicated service and work, and also the joy that comes from touching and being touched by another loving being.

I'll also suggest that your moods are easily transmitted and experienced by your plants, as they become more attuned to you and your efforts in communication. Harsh words and bad moods are harmful and inappropriate in your garden. Bring to your garden your expanded selves as you ask to share and learn with your plants. Negativity causes growth defects and weakens the plant's immunity to disease.

I sense you also wondering about communicating with your house plants. Yes, you can communicate with house plants, in much the same way as you do those plants making their homes in your garden or in the wild. House plants have no choice but to live with the dominant energy of people and pets, with only occasional energy from other plants. To be healthy, plants need the balancing energy of other plants. Did you ever wonder why you may be given a plant filled with blossoms and looking very healthy, only to have it develop bugs, lose its luster and blossoms, and perhaps even die in a short time after arriving at your home? Plants need the company of other plants, because they need to be revitalized energetically by their own kind. Put a plant that is in distress among other healthy plants, or put it in your greenhouse. By your meeting the companionship needs of your plants, they will seek to also meet your needs.

Indoor plants have found ways to express their purpose through their leaves and blossoms. Each person has plants that they grow well and others that never seem happy. Do you wonder why? As people, you have different needs and different struggles. You'll easily grow those plants whose purpose you accept and with which you are comfortable. If you are at war with yourself over a certain part of your life and/or the people in it, those plants that are trying to help change and balance your imbalances will have a very difficult time surviving in your house. Consider the following common house plants and the purposes they have chosen to live.

CORN PLANT: *improves communication*

GERANIUM: *provides purposefulness*

FICUS TREE: *brings joy*

PALM TREE: *enhances spiritual communication with
higher nonphysical realms*

CYCLAMEN: *improves longevity*

IVY: *encourages endurance*

AMARYLLIS: *awakens abundance*

CHRISTMAS CACTUS: *promotes tenacity and self-assurance*

JADE PLANT: *expands self-acceptance*

You can encourage other people to experience their own plants in much the same way we've been discussing your communication with outdoor plants. As you fill your inner mind's eye with the energy of the plant deva, you'll experience the means of establishing relationships with your house plants as well as those in the garden or field.

When you are feeling centered and in harmony with life, your plants will also feel this and will respond accordingly. When you are feeling out of control, isolated from others, and/or estranged from God, then your plants will also have problems. When you are in people's homes where the plants appear to be thriving, then you can assume that the plants' purposes and the people's needs and perspectives are in harmony.

Go with the universe, this day, Agartha, and enjoy your

earned connection to all life. Continue your search. The benefits are well worth it. ✨

Rarely did Mentor seem so mellow. His gentle encouragement gave me a warm feeling that he was pleased with my progress in learning to communicate with the nature spirits. Jim continued to work at contacting various garden energies, but with only marginal success. He did, however, find satisfaction in being the "general energy" that helped everything grow better.

In addition to Jim, Martha, one of the friends who lived with us and helped plant the garden and build our house, wanted to learn to experience garden devas. Jim and I were delighted, because it was important to us that others who were sensitive to visual images could also experience messages from the devas. Martha and I decided to seek out the Sunflower Deva.

As Martha and I sat in the "power seat," we quieted our thoughts, we said a prayer, and I issued my usual invitation, this time to the Sunflower Deva. The response was one of enormous warmth, a sense of pleasure and responsiveness to humans, conveyed in the form of a deep golden glow. I was ecstatic, knowing that we could probably elicit a powerful and specific enough response for Martha to experience this deva. I asked mentally if the Sunflower Deva could make itself known to Martha, and with an affirmative feeling I was shown again the golden color that I assumed was the image she too would experience. I squeezed Martha's hand ever so slightly in order to mark the moment when I anticipated she might experience some response from the deva. I hoped her impressions would match my own, offering us some means of validating what I was experiencing.

After a moment Martha opened her eyes and smiled a long and luxurious grin, as if she knew some great inner secret. She recounted that she had felt the pressure from my hand squeeze but that nothing changed immediately, and then a soft golden glow began to emerge in her mind's eye. She described the feeling as "looking at the sun, only without any glare or discomfort." I described to her the golden glow I had experienced, and we agreed

that we had experienced not just the golden color of the sunflower but its life essence. This experience with Martha was only the first of many subsequent times in the gardens when others had the opportunity to experience devic energy. Some people were successful and others were not. Yet all felt empowered and much more aligned with nature after sitting in the power seat.

Martha and her husband David loved sharing the teachings of Mentor and the nature spirits. Now that we were all aware of the many different levels of life on the new land, we were careful to ask about proper ways to show our willingness to act responsibly in the light of our growing awareness. David was an expert gardener and knew a lot about pruning fruit trees. We decided to ask about pruning. What did the trees themselves experience? We asked Mentor for advice.

✧ *Welcome, Dave and Martha. We are glad to have you join the communication and wish you well in your living experience with Agartha and Jim and all that they seek to accomplish.*

Concerning the apple trees: these trees would no doubt welcome the opportunity of being useful again. As long as the cuttings are not too severe this first year, all will be well. Agartha, you must first communicate with the trees to see if they have any specific objections to their being brought back to life. You should ask if there is any objection to immediate pruning or if there is another time they would prefer. They have not been trimmed for a long time and will have mixed feelings about the pruning, until they are reassured of the loving intent and your desire to increase the flow of life-force energy to enhance their production.

All growing elements produce blossoms and most produce fruit of some kind. This continual process of regeneration is essential to plants and trees. In pruning old trees you reshape the flow of their energy. The fruit they produce is thus better to eat, and the trees become more resistant to disease. ✧

Dave asked Mentor about the pruning itself. Should he use hand tools or a power saw? Exactly how should he go about cutting?

✧ *The apple trees are in a semi-torpid state and have not completely recovered from their winter state, so this is an especially good time to prune them. It does not make much difference whether you use hand tools or power tools. The power saw will be quicker and therefore cause less distress, although it is noisy. The hand saw is quiet but takes a considerable time and so draws out the misery. Make clean cuts, therefore, and make them surely. Make up your mind first which limbs you are going to cut, and then make the cuts swiftly.*

Before you actually begin to prune, explain to the trees what you are doing. Let the trees know pruning will prevent them from decaying so quickly and that you would appreciate being able to eat their fruit. Take a short period, with your hands on the trunk of each tree, to “sense” whether or not you should proceed. The older trees should be treated with great care and undergo only minimal pruning, while the younger ones can handle more vigorous pruning. Paint the trunks of the trees with any appropriate sticky substance in those places where the bark has been broken, and especially over the areas where you’ve pruned away a branch. This painting prevents disease and subsequent blight. ✧

I pondered how Mentor, existing in his dimension, could even imagine pruning a tree. Yet I’ve come to understand that whatever image I hold in my mind is also known to him. This miniature picture or impression in my mind can then be “picked up” and expanded, much as I was doing in bringing the devas to life by breathing into their pictures my belief in their existence.

I wondered if Mentor might add to my explanation with his own thoughts.

✧ *The only aspect of your discussion on devic communication that may present a quandary to people is that the power of one’s belief can be strong enough to infuse life-force energy into inanimate images, thus bringing them to life. Belief is a powerful thing and comes to people and other creatures and living elements from what I’ll call the “Deep Blue Channel.” When you are strug-*

gling to believe, whether in devas or in nonphysical angelic teachers, your belief is helped along by the universal energy of the Deep Blue Channel. When you seek to know, this aspect of energy or deep desire is enhanced through the power of attraction from the Deep Blue Channel of all wisdom and knowing. So whatever you are desiring to know, your initiation of a desire to know is enhanced from the energy bank available to all life: the Deep Blue Channel. ✨

The General Flower Radiance

After the first few weeks of devic communications I was comfortable connecting with the various collective energies of our garden—for instance, all the spinach plants. I also realized that I could connect with a single plant by touching it. Yet I was about to discover that other guiding and overriding energy presences also lived in our garden. The first one we met by “accident,” when searching for the Pea Deva. Jim and I were sitting in the garden in the magical “power seat” when, instead of the Pea Deva appearing, a most ebullient and glorious energy presence appeared, identifying herself as General Flower Radiance.

Her beauty was no less than the most perfect of lilies, or roses, or begonias. She seemed to encompass all flowers with an extravagance of color and brilliance that was breathtaking. The General Flower Radiance had no personal features typical of devas but was rather the personification of the physical forms she represented. My inner knowing told me that she was the overseer of the flowers in our garden and that she was in some way a spokesperson for the flower kingdom. Her presence felt decidedly feminine and wise. I then “saw” again the small green figure I’d come to recognize as Pea Deva. At this moment I realized that Pea Deva was more than just the deva of the pea crop. He was the spokesperson for all of the vegetables in our garden.

The next experience from my inner senses portrayed images of flowers set against the backdrop of a blue-and-white Earth held in a black-velvet sky. What were these images trying to tell me?

Then I knew clearly: Flower Radiance spoke also for the flowers around the world, who knew of each other's existence through a universal network in which all energy flowed. And she was aware that this energy stream came from beyond the physical Earth.

The General Flower Radiance was to become a trusted and willing companion in my garden adventures. She seemed able to comment as easily on other people's gardens many hundreds of miles away as on our own. I remember one such time when a Canadian couple was sitting with me in our garden. They wondered why the plants in one of their flower beds were dying. Flower Radiance commented that the sawdust they were using as mulch had oil in it. I had never been to this couple's home, nor had they ever mentioned to me that they had used sawdust as mulch. After Flower Radiance's comment, they acknowledged that they had indeed used sawdust from a local sawmill but hadn't realized it was contaminated with oil. After returning home, they wrote me a letter saying they had replaced the sawdust with uncontaminated mulch, and the plants were now thriving.

The General Flower Radiance proved a fine teacher as well as an enjoyable and loving presence for us all. Martha was extremely interested in the healing characteristics of flowers and wanted to know about "flower essences." Flower essences are solutions made from soaking the blossoms of certain flowers in pure water so that the energy or resonance of the flower is embodied in the water. The water is then drunk in small doses to bring about physical, emotional, and spiritual balance and health. Martha asked me to see if the General Flower Radiance could suggest flower essences that could be made from our own garden flowers. The General Flower Radiance was delighted to comply and provided succinct answers to our inquiries about each flower essence.

What follows is a partial list, gleaned from the General Flower Radiance, of what I've lovingly dubbed "Flower Radiance Essences." Also included are the personal dilemmas they help to heal and the beneficial remedy they provide.

ANISSE-HYSSOP. This flower is of a gentle nature, and its essence brings on peace of mind and contentment with your

immediate life situation. It helps you see clearly what you need to change in your life and the initial ways to bring about the change.

DILEMMA: Being at a point of frustration between your material wants and your spiritual needs, or even fearful over your immediate physical survival.

REMEDY: Finding peace of mind.

BERGAMOT. This flower helps you freely experience or express your love for another. The energy from this flower heightens your emotional responses so you can be sensitive to your feelings and thus integrate them into your own life. This remedy also helps you find balance when you feel isolated from love and wish to develop self-love in order to enhance relationships with yourself and others.

DILEMMA: Inability to feel satisfied by your own loving relationships with yourself and/or with others.

REMEDY: Integrating emotional, spiritual, and physical love into your life.

CELOSIA. This flower represents the energy of analysis. As you seek to understand the nature of your own life and life choices, you are guided toward appropriate future choices. If you have important decisions to make, this is the remedy to take.

DILEMMA: Inability to discover the spiritual lessons from past experiences.

REMEDY: Gaining clearer perception of past lessons in order to make positive and life-enhancing choices for your future.

CHRYSANTHEMUM. This flower, like the aster, is a dynamic presence in its qualities of resilience and ability to rechannel energy after one's conscious movement in a particular direction has been thwarted. Chrysanthemum flower essence is useful when you have just undergone a career or relationship change.

DILEMMA: Lacking in the energy of self-belief.

REMEDY: Rechanneling energy to heal and enhance your inner wellness.

GARDEN PHLOX. The energy from this flower is helpful in overcoming fear that has produced actual physical symptoms. With the

ingestion of this essence, the physical manifestations may disappear as the cause of the fear is drawn into your awareness.

DILEMMA: Experiencing fear that has produced physical dysfunctions and disease or imbalance.

REMEDY: Attaining relief from pain and physical symptoms as well as improved insight into the nature of the fear causing the imbalance.

IMPATIENS. This beautiful flower carries the purpose of enhancing your effectiveness and balance within groups. You will benefit if you live with others, or feel overwhelmed by people in the work environment, or are drawn to groups but find it difficult to balance your own energy within a group. Plant this flower in places where you sit with people in your house or yard when you desire them to be more spontaneous and cooperative.

DILEMMA: Struggling to find a meaningful relationship in a group, to learn either to be more assertive or more receptive.

REMEDY: Balancing individual power within a group.

MARIGOLD. This flower assists you to become more flamboyant and persuasive, better able to see the positive side of any dilemma or challenge. Its fragrance helps you verify your own authentic voice and true opinion when making a commitment and when you are in a quandary as to the appropriateness of the decision. Marigold plants are effective in bringing out the unseen positive and loving aspects in every relationship and in rebuilding or expanding the loving quality of every relationship.

DILEMMA: Difficulty in seeing the positive aspects of a situation or relationship.

REMEDY: Balancing your thinking through awareness of the positive elements inherent in a situation.

MORNING GLORY. This flower helps you overcome inner or outer resistance. The essence of morning glory is tenacious but tempered with strong inner knowing. When you take this essence, you are enhancing your own will power and your desire to succeed.

DILEMMA: Needing greater inner strength and confidence.

REMEDY: Overcoming inner resistance.

NASTURTIIUM. The energy of nasturtium is such that it promotes rapid opening to physical health and vitality. Wherever one has blocked physical development or healing, either intentionally or unintentionally, this essence bolsters the body's energies toward rejuvenation.

DILEMMA: Lacking acceptance of your physical body or the physical side of life.

REMEDY: Enhancing positive physical change, awareness, and integration.

ORANGE HAWKWEED. If you are lacking in physical endurance, you will be drawn to this flower. Its essence is an important energy when you are preparing for a journey or feel any increased physical demands on your body. Should you feel continually depleted and tired or have trouble making decisions, you would do well to surround yourself with this flower and to take its remedy.

DILEMMA: Lack of physical endurance, inability to make decisions or lack of confidence in making them.

REMEDY: Improving vitality and increasing physical stamina, resulting in an improved ability to make decisions.

PURPLE ASTER. The aster is a strong, dominant force in fostering spiritual development. Its essence helps when you are actively involved in a spiritual path and wish to deepen and strengthen your inner work.

DILEMMA: Inability to draw spiritual development into your life without becoming frustrated or agitated.

REMEDY: Bestowing serenity and calmness while engaged in your spiritual work and search.

QUEEN ANNE'S LACE. This flower acts as a catalyst, enhancing your intentions and creating desired outcomes. Queen Anne's lace allows your body to move more quickly through transition phases and your mind to flow into new levels of understanding.

DILEMMA: Inability to move out of limbo, transition, and relationships that are counterproductive.

REMEDY: Making possible rapid conclusions and new beginnings.

RED CLOVER. This sturdy plant is representative of stubbornness and tenacity and will be useful when you need to understand the energy of resolution.

DILEMMA: Inability to be resolute.

REMEDY: Finding determination and focusing your will power to enforce the desires of your spirit.

SWEET PEA. This flower provides a favorable essence when you are feeling the need to balance the masculine energy with the feminine. The sweet pea gives you an ideal balancing remedy for wholeness.

DILEMMA: Lacking balance of the masculine and feminine energies.

REMEDY: Balancing your action energy with your nurturing energy.

ZINNIA. This is a very robust flower, strong and durable. Its color and presence help you to find self-acceptance and to know your own self-worth.

DILEMMA: Needing inner strength and self-respect.

REMEDY: Re-establishing your spiritual strength on the basis of self-worth.

In looking back, it seems I have come a long way toward understanding and experiencing the oneness of all life of which Mentor often speaks. I am equally certain that I have merely begun to explore the layers of this concept. The natural world's mysteries discovered through Mentor's guidance and my experiences with General Flower Radiance, Pea Deva, and the many beautiful and unique energies of the garden awakened me to a previously unknown reality. I was becoming more attuned, more sensitized to what I intuit rather than only to what I deduce. I had also begun to see my life as a vital moving energy, not static or even predictable, yet moving in a direction that constantly added dimension to the woman I was becoming.

The experience of actually sharing perceptions with the devas of the garden, while startling and gratifying, is really only another dimension of what many people already perceive in the

garden. It is not unlike putting on a pair of glasses for the first time and suddenly "seeing" clearly the objects you already knew existed. So it is with perception. Once you accept that life expresses itself in many ways, then you allow yourself to experience your natural heritage as a human creature of the Earth.

Combining Energy of the Earth and the Heavens: The Perfect Garden

Listening to nature has some interesting benefits. Most important, it allows the prospective gardener to gain an added advantage in learning the nature of the soil, discovering what needs to be added for optimal growth, finding out what plants will be happiest in what parts of the garden, and other important issues. Through the establishment of a close relationship with your garden, you can make decisions based on more than the directions on seed or fertilizer packages. Decisions affecting the life in your garden can instead be based on the needs and wishes of the plants who will make their homes there.

When a plant is not growing well, for example, you can accurately determine the cause by placing your hand first on the leaf, then on the stalk, and then on the ground next to the roots. By this method, you are able to determine the area in which the problem lies and then, through the process of elimination, decide whether it is something as simple as insufficient water or whether insects are causing damage in areas where infestation cannot be seen, and take appropriate action.

✻ *In discussing the optimum balance for gardens, Agartha, I would like you to remember the digging and planting of your own garden. As you recall, I gave you specific directions for laying out and preparing your garden, which, although you did not realize it at the time, not only provided your garden with sufficient energy to bypass the poor soil conditions in order to produce a lush garden, but also gave your garden the perfect balance to facilitate a level of trust and understanding to further garden communications.*

The physical location for your garden was important for a number of reasons. First, the garden needed to take advantage of the southern exposure to afford your plants the maximum amount of sunlight. Second, the ley lines (in-Earth energy lines) that bisect your land were a powerful source of growing potential but needed to be tapped in the most appropriate and effective manner. In other words, I encouraged you to work with your piece of land as having its own needs and advantages in order to arrive at the most effective use of celestial and Earthly energies.

You will notice, for instance, that the three equilateral triangles at the head of the garden draw the southern sunlight toward your garden and your house, grounding the sun's energy in your land. The three rectangular gardens below the triangles form a right angle with the ley line that runs down the ridge of your land, thus combining and grounding the Earth energy. Celestial and in-Earth energies have been combined to make your garden a most unique example of the cooperation possible between the human and natural forces of the planet. ✧

Is Humanity Ready to Listen?

✧ Humanity seems the most comfortable when every detail of its world is explained. But life is a great mystery, and so, in exploring this unfathomable life process, you will benefit from considering all living things as partners. Seek balance in all things, and learn from nature. Observe, study, and appreciate the intricate world around you. ✧

The Change Is Slow but Steady

✧ Your relationship with nature will change slowly over many years as you opt for knowing the "spirit" of the land, meaning what it tells you about its needs, versus only the "letter" of the land, which is what you've been told and read about nature. Your intentions to preserve life will gradually become better formed as you develop the inner discipline to make the choices for your

lifestyle that support your belief in preserving nature's vitality.

When you bring your spirituality into the garden, to the smallest creature and living things, then and only then are you truly honoring the spirit within you. Your search for God means nothing if you fail to include the rest of creation in your search. Allow your land to stand for a different relationship with nature, so that all who come will experience the close and caring relationships between humanity and the natural systems. The true and lasting essence of nature does, in fact, lie beneath Earth's greenness. ✨

8 *The Experience of Healing*

*"You never lay your hands
on someone in love
without a healing occurring
on the appropriate level."*

—MENTOR

THE NATURE OF THE MATERIAL IN THIS chapter is significantly different from the kind of material presented previously. Here, Mentor's thoughts on health and healing are tangible and demonstrable, unlike the material in other chapters, which dealt with subjects that remain unavoidably theoretical and unprovable.

I can speak for the authenticity of Mentor's approach to healing because I use his guidance as the basis for my work with clients in healing the whole person. His guidance, coupled with my own developing skill as a medical clairvoyant and spiritual teacher, has helped me discover through practical experience the vast potential we each possess for healing ourselves and others. While I always had a passion for healing, never did I anticipate that my penchant for healing would grow from an initial interest in tra-

ditional medicine to a life-long commitment to nontraditional forms of healing. In seeking to understand and use with clients the subtle energies connecting mind/body with spirit, I have learned far more than only the technical aspects of medicine. I have learned the subtle and powerful principles of healing.

I am certainly not alone today in my interest in holistic healing, as can be seen by its enormous popularity. Holistic healing is growing in the West because many people find that the previous traditional medical approaches to healing are unsatisfying, unnecessarily invasive, cause substantial side effects, and in the end often fail to help us heal. In my work as a healer, the word *holistic* suggests that I need to be mindful of the complete person, including his or her life experiences, emotional make-up, natural spiritual inclinations, and basic beliefs, as well as the more obvious physical and psychological problems. A person may be in a tenuous health "holding pattern" for many years before a serious illness calls attention to a specific problem with a particular part of the body. When we look only at the one part of the body or the mental/emotional make-up that presents us with a problem, we may fail to appreciate that we've been subjecting our bodies to stressors that have long before seriously impaired our body's defenses.

We can also underestimate the amount of stress that is produced by seemingly simple medical procedures or changes in our environment or relationships. The body can function under enormous disadvantage for years before one small change collapses our defenses. I learned this lesson for myself when, at my dentist's insistence, I had six teeth capped within a very short period of time. My body suddenly developed a systemic infection, gum abscesses, dying root nerves in several teeth, and a finger infection. I felt as if I'd unleashed a swarm of bees. The doctors insisted that none of these problems were related; they only were "coincidences." Clearly, these conditions were related whether they tested positive for the same strain of infection or not. It seems I'd failed to take into consideration the impact that extensive grinding of my teeth would have on my body's capacity to maintain a healthy balance at a time when I already had other major stresses

in my life. Preparing my teeth for capping was the one small change that pushed my body out of balance. And it took months of attention and struggle to re-establish its equilibrium.

We need to be sensitive to the fact that we never do just one thing to one isolated part of our body; whatever we do, we do to our entire body. We can think we've been healthy and wonder at an apparent lapse in our wellness, when we may actually have been living a false sense of health, in which the body was struggling to maintain itself but we failed to pay attention to the signals that told us we needed to change our lifestyle to accommodate our body's needs.

A holistic approach to healing means understanding that when one aspect of one's physical, emotional, or psychological make-up is disrupted, the whole person may be at risk. And at the same time the person has an innate opportunity to call forth his or her entire body/mind/spirit healing energy to help the body function naturally and unceasingly to create balance and health. We can further help by paying attention to every part of our lives, because our physical health is a product of our entire living experience.

Everyone hurts in one way or another. We have bodies that wear out and emotions that become riddled by stress and aggravation. But through our spiritual beliefs we can also draw on inner resources to come to our defense and help us heal both physical disease and emotional pain and imbalance. We'll always have challenges in our lives, but by viewing ourselves in a holistic way, as one miraculous, fully integrated living system living within other larger, fully integrated living systems, we can better judge what to do and what not to do in our daily lives to improve our health and enhance our healing.

Those of us in the New Age Movement and especially in the healing field seem to have stumbled in our approach to healing. Many practitioners and clients alike have adopted the thought that "we *create* our reality," an easy catch-all cliché that does an enormous disservice to clients. When we tell people that they *create* rather than *influence* their reality, people assume that if they get sick and are unable to get healthy physically, then they have failed

at what *they should have been able to do*. The emphasis is on healing the physical body instead of healing the entire person.

Like many counselors, I've had clients who healed their lives and still died. The causes of disease sometimes lie so deep that they are well beyond an individual's ability to touch or influence them substantially. Our painful memories are sometimes too integrated into the tissues and muscles of our body to be released fully. While the body/mind connection may describe the way in which our emotions influence disease in the physical body, what about the way in which our spiritual destiny influences disease and the healing process?

We human beings are one part of a great mystery that keeps unfolding every second and millisecond of our lives. To assume that by intellectually and even emotionally shifting a few thoughts and forgiving a few people we will tap the true level of our life's healing potential is preposterous. The spiritual path unfolds slowly in our lives, to show us the necessity of enjoying and learning from every daily effort. We need to have a sense of our purposefulness and compassion for others while we are healthy, because once we have a major problem it is much more difficult to learn an entire spiritual life view. I think of the advanced spiritual teachers who have suffered from their own cancer, arthritis, and other physical ailments. My feeling is that if we are on the Earth, we have earthly work to do. Our physical healing efforts are best served by a sustained spiritual routine that involves being mindful of our emotional healing but is in no way limited to the mind/body connection.

I find it extremely noteworthy that with holistic treatment the rate of healing is not substantially higher than it is with allopathic or traditional medicine. This tells me that although we're heading in the right direction with holistic healing programs, we've yet to accept the power of our spirit and its essential nature and guidance as the key we must turn for substantive healing.

We regain health by paying attention to the whole body and its needs rather than to the physical symptoms of an illness alone. An ulcer, for example, is more than the "excavation of the surface

of an organ produced by sloughing of necrotic inflammatory tissue." An ulcer is an indication that unnatural tensions are eroding the body's lining. Merely treating the physical discomfort by no means cures the psychological or emotional issues that caused the development of the ulcer; nor does such a treatment engage the spirit's knowing for healing. In order to heal the ulcer and balance the body, an individual needs to make an assessment of his or her psychological, emotional, physical, and spiritual wellness. With such collective information and intuitive feelings, physicians and holistic counselors can design a treatment to stimulate the energy fields influencing the whole person.

Each of us is especially vulnerable to physical disease at times of emotional and spiritual crisis. Adopting a holistic perspective can help us engage in different and healthier behavior when we stop to realize that the old, familiar way of handling our problems is what got us into trouble in the first place. If, for example, when we feel discomfort, we turn off our feelings and "numb out," no drug in the world is the solitary answer. What will be helpful is finding ways to trust our feelings as valuable indicators of our well-being.

The most important way to heal through a crisis is to raise our internal "believability" factor for a positive outcome. Try creating in your mind an imaginary thermometer with ten at the top and one at the bottom. Now consider that what you feel in your heart you are capable of achieving or capable of accepting as the outcome of your efforts. You'll find that your progress in healing or in any other endeavor will rise only to the level of your belief in what you feel you deserve.

If your belief in a positive outcome is low, then take the time to explore where you lost your expectation of positive occurrences and what happened to your joy and self-belief. Whenever you are ready to find greater hope and sense of a positive outcome for your life, imagine closing the door on the issue that still haunts you. Decide whether you feel you can live without these painful feelings. Put another way: in order to live, you need to learn from and then release these old resentments against yourself or others. You

can close the door on the past when you've wrung all the learning you can from specific feelings. When you're ready, it's helpful to imagine that you are actually closing these doors to old pain and trauma. Allow yourself to push these doors closed with such finality that they "click," indicating closure.

Assuming personal responsibility for our health need not place us in opposition to traditional medicine. Doctors diagnose and treat trauma, disease, and dysfunction appropriate to their academic background and with the drugs and diagnostic tools at their disposal. And there are times when emergency intervention and pain-relieving drugs are essential. The complement, however, is also valid. Holistic physicians diagnose and treat trauma on the basis of the natural energy flows and rhythms of a person's entire body, with the range of treatments mirroring the body's natural functioning.

The human inclination is to see holistic treatment as a new approach to healing (actually, holistic healing is the oldest form of healing), and to assume that adopting it means we must abandon everything else. It is unfortunate that, in many cases, a patient feels he or she must choose an "either/or" approach to a healing treatment. We need to use, instead, those treatments and products that feel appropriate and right to us. There is no one right or wrong way, only those paths with which we feel comfortable. Sometimes we choose the "soft technologies" of holistic treatments for the wrong reason, because we're afraid to face the harsh reality of what the x-ray or diagnosis may reveal. Fear is never a good bed-fellow, and so I always encourage clients to know clearly the extent of their physical situations so they can choose the most empowering combination of treatments for their healing.

Mentor had often alluded to wholeness and was interested in exploring with me the subject of holism and its relationship to trauma and disease. This brief discussion was to launch the dynamics of his thoughts on healing.

✧ *Since the advent of technology, healing has been seen mainly as a need to change and heal the physical body exclusive of the emotions or the spirit. This is changing as people begin to realize*

that the energy of body, mind, and spirit is one energy flowing through the entire energetic fields of every living thing. Hospitals, healing centers, hospices, holistic halfway houses, and havens of every sort are springing up all over the world in response to this desire to heal at the whole-body level.

I offer some thoughts on healing, being healed, and what it means to be whole in the hope that through insight into the nature of healing, the mystery that obscures true wholeness from human understanding may be known. You are asking for a more spiritually mature understanding of the body, its rhythms and energies, and its ability to change and heal. Let us then explore the nature of healing from this perspective. ✧

Four Cases of Trauma

✧ CASE #1: Martha did not want to die. She never really thought it would happen. How could there be no more physical life, no more walks in the woods or talks with her daughter, no more strawberry pie a la mode? The reality of her spreading cancer caused her to retreat into a pretend world where everything was normal. There seemed to be no answers, and even the questions scared her.

CASE #2: Melissa had felt no warning or premonition to suggest that her child would be born severely retarded. It all seemed so unreal—the years of specialists, the tests, the hope, and then always the overwhelming depression when the seemingly permanent retardation of her child was again confirmed. What had she ever done to deserve this? Who would take care of her small Darren when she and her husband were gone? The same questions tormented her night after restless night. Why had such a child been born to them?

CASE #3: It was as if the sun never came out any more since the hemorrhage had destroyed the vision in John's one remaining good eye. His world seemed doomed to lasting darkness. Maneuvering around his small apartment, even fixing simple meals became enormously frustrating for John. The fear of per-

manent blindness haunted his thoughts, increasing his feelings of loneliness and of separation from life.

Case #4: Susan had already been married seven years, and she was still not pregnant. Her inability to give birth to a child had gotten to be a rather pathetic joke she and her husband shared. The yearning for a baby had become an obsession; everywhere she turned she saw families and children. Why was she different? Unless her body could be forced to ovulate, she was told, there was no hope of conception.

God doesn't create pain and suffering; humanity does. Pain and suffering are something to be avoided, of course, but if you have incarnated on Earth, you will be unable to avoid them totally. And so you come inevitably to asking the God within and your angelic teachers and guides, "What can be learned from pain and suffering?"

Several thoughts are important here. The first is that pain and suffering teach compassion for oneself and for others. The second understanding is that pain and suffering help you see what you've set up for your future and give you the opportunity to more easily change that future and the people in it. The third thought is that pain and suffering help you create a spiritual identity beyond the identity that comes only from your physical appearance and lifestyle. Let us explore these three thoughts in greater detail.

Pain and suffering are the means to learning compassion. When a person hurts, the initial and most natural response is anger, resentment, and projection of one's hurt onto others. These emotions can give way slowly to an inner wisdom that helps you claim the power of compassion. Compassion grows from forgiveness. And forgiveness comes from accepting that life and people are imperfect and fail inevitably to meet our expectations. The essential understanding of compassion is that the love and self-appreciation you long for come only to you from you.

Compassion is an expansive spiritual energy in which all spiritual teachers are continually tested. Compassion for others means feeling compassion for yourself and the ego confrontations in which you inevitably engage. Try this exercise to further awaken compassion in your own life. Bring yourself first to a state of

feeling quiet and relaxed. Then on the in-breath, practice breathing in self-responsibility for being hurt and hurting others—maybe even for specific people, if these individuals come to mind. On the out-breath, extend forgiveness to yourself and to all others you've hurt or by whom you've been hurt.

The second thought on pain and suffering is that when you are in change, you have an opportunity for a new future. People die, collapse under the weight of their problems, or give up when they see no way to create a future for which they long. People also find themselves in trouble when they have an ambient inner uneasiness but are unable to give this sense a specific form or real words, or to accept that this unsettling dis-ease has a purpose in guiding their life.

And third, when you are diagnosed with a disease or encounter some major obstacle in life, you are obviously forced to reassess the way you are spending your resources, both personal energy and financial. This reassessment always awakens people's inner dreams, the thoughts of "I wish I had" or "I want to," and these inner dreams represent that part of the self that has never found expression. A person dying of cancer may long to travel around Europe with no agenda, or to take oboe lessons, or learn to paint or write. A person in trauma seeks to express his or her creative voice, his or her authentic self, in new and different ways. And, in fact, expressing this voice often leads to healing.

Another version of this "lack of a future" problem is when people find themselves unable to identify a reason to stay on the Earth, other than that they are afraid to die, or they want to stay with friends and family, or they desire to have or buy something of a materialistic nature. Such an individual may have known all along that something critical was missing in his or her life but was unable to identify the critical piece and/or fill it. Other times, a person is totally taken by surprise in discovering a level of inner discontent. People sometimes fail to consider the reason they are living or the way their lives are intended as a vehicle to express love and compassion in the world. Confronting disease calls a person to consider his or her relationship to altruism and service.

People will not heal without a meaningful future in which to

anchor themselves. When dramas and traumas are encountered, families of those afflicted are more willing to change and accept change in the person hurting. Often, a person will need to create a trauma of a physical nature to provide an opening for feelings to surface that will carry his or her life away from family or a relationship.

The third thought to be explored in understanding what you can learn from pain and suffering is that these hard-to-handle feelings of trauma help you find your spiritual identity more easily. You identify with your physical identity and the lifestyle you're living, whether you like it or not. But in what ways do you identify with your soul? When your physical world is upside down and you can no longer control the outcome of events, at least in the short-term, then you seek more willingly to identify the guidance of your soul. You desire to search your life for meaning and relevant themes. You want to name your soul's journey.

Often, people who think they will soon die, or that someone they love will die, open an inner doorway to God that is different from the praying they've done in the past. When you need to find God, you often do in a very personal and meaningful way. And so in the end, perhaps your body doesn't need to die, because your resistance to your spirit's presence has died instead. ✧

The Three Stages through Trauma and into Healing

✧ Every person who faces a healing crisis moves through three major stages of inner change. These stages are:

- Stage I—withdrawal to find one's source of strength and courage.
- Stage II—creating a direction in which to move for healing and/or resolution to a problem.
- Stage III—identifying and accepting the learning from the situation.

Each of the four short case histories cited earlier in this chapter have something in common. All four persons felt helplessly and hopelessly mired in a strange and unfamiliar bog of pain and trauma where nothing made sense. Martha, Melissa, John, and

Susan found themselves with unchallenged belief systems and runaway emotions of self-pity and bad luck. They felt victimized by a malevolent universe and abandoned by God. All four had entered the first stage of healing by seeking a quiet inner place to find out what they felt about themselves and their situations.

In Stage I, a person feels “alone.” This aloneness isn’t loneliness in the normal sense but a deep inner longing to know God and the purpose for one’s struggle. The reality of the situation will change the person forever. The feeling of being out of control may be shocking, frightening, and very, very upsetting.

If you are in Stage I, people around you may push to have you “make a decision” or “get on with things.” Yet you are unable to decide what to do and with whom to do it. You feel enormous self-pity and fear. This is all part of Stage I of healing, in which you are given to the solitary purpose of inner discovery. This stage is the psyche’s way of preparing your whole being for subsequent inner and outer movement.

This initial period of withdrawal in Stage I is perhaps the most critical of the three stages through trauma, for it is in this embryo stage of the newly evolving self that change must take hold. Every human is drawn into this stage when faced with a change—any change, no matter how trivial. Sadly, many people fear inner shifts more than they do physical death. Stage I involves letting go of some of the old familiar patterns so that in allowing them to die you may not need to die in physical terms.

If you or someone you love is in this first stage, don’t push for resolution or to fix things. Encourage, support, and be positive, but make room in conversation for the person or yourself to explore new ideas and/or past experiences and their meaning. You need not have the complete answer, but it’s important to be able to ask the questions and to have the courage to pay attention to the ideas and feelings that emerge.

Try to honor your feelings, whatever they are. You are not saying that you necessarily like what you feel, but you accept that it is what you are experiencing. Telling yourself that you shouldn’t, don’t, and mustn’t feel certain feelings harms you by

reinforcing the notion that you have no right to your own voice, your own decisions and choices for your wellness. Seek clarity of what you feel, and you'll begin to feel your soul's loving and forgiving energy to help you claim the love you may never have felt for yourself.

Stage II involves forming a plan, a new direction, a course of action behind which you can throw your energy, enthusiasm, belief, and commitment.

The human spirit is the tenacious core of your life. The human spirit is capable of transforming your life if it is given the permission to change those parts of your life that are causing the stagnation, loss of power, or misery. As you move into Stage II, a sense of calm and purpose begins to be felt. You have entered a time to create a plan. This plan will help you because it grows from your time alone for true reflection. If you've done your inner work in Stage I, then Stage II helps you formulate a plan that is based on your own true needs and values.

Stage II is the tunnel that connects the personal spiritual, intuitive self-discoveries of Stage I with the learning from the situation, which becomes available in Stage III. In Stage II you may find yourself feeling drawn into your future, more able to trust yourself and to believe in your own decisions. You may feel strangely happy, even though you face a difficult healing ordeal.

If you or someone close to you is in Stage II, you are being called upon to trust the process under way rather than to interject your own thoughts and needs or allow others to bend your attention in a different direction. As you move through this stage, pray throughout your day and create images of self-respect and personal confidence that are coming to you through your connection to Divine Love. Maintain a daily spiritual practice. Express your love for yourself by resting a loving hand on your body, or wrap your arms around your body and affirm your value. Above all, be with people who respect your own decisions and your right to be in charge of your life and your healing.

Stage III is the stage for accepting and learning from the pain and suffering. Learning does not mean you want or like the situa-

tion in which you find yourself or intend for it to continue. But accepting that the life you've been living has in some way contributed to the disease you are experiencing, or to your reaction to a problem with someone you love, helps the learning surface. In this stage you are agreeing to work with, and believe in, the highest good for your life. You are expressing in your own way the belief that God and the angels are available to you in loving ways to support your positive and life-enhancing changes toward wholeness.

You haven't failed if you die. A person may leave the Earth feeling complete and ready for the next chapter of the spiritual journey. Staying in physical form isn't always the most desirable result. When people learn to accept the beauty and presence they are already capable of expressing, then they experience the power of their future in the moment. The journey through old fear to wellness isn't easy, but it is essential.

I've laid out these steps as if each person moved automatically from Stage I to Stage III in an orderly and automatic fashion. But one may move in and out of all of these stages many times over years before finally accepting the outcome and the learning from the struggle. ✨

Reviews of the Lessons of Change

✨ Let us briefly review our four case histories to look more closely at the individuals' lives and experience of their own pain and suffering.

CASE #1: TERMINAL CANCER

Martha was afraid of life and afraid of death. She was afraid of anything that changed her world view and caused her to see two sides. To her, life was only black or white. While it is indeed true that seeing only perfectness does produce perfectness, one must nevertheless initially see both the black and white and all shades of gray in order to choose a course. Martha never saw the issues and never wanted to know what life held for her. She saw only her own desperate isolation, first from her parents and later

from her husband and children. Opportunities to adjust her sense of self were presented repeatedly through her deteriorating personal relationships, but she remained unable to see the changing relationships in her life as opportunities for exploring and changing stagnant feelings. She entered Stage I of healing, the period of aloneness, and moved to Stage II and the tunnel taking her out of physical life. Stage III, her place of understanding, came as she was in spirit form. From this dimension she saw her capacity to love, and she felt love shared and returned from those who had meant the most to her.

CASE #2: SEVERE RETARDATION

After years of questioning her part in the birth of her retarded son, Darren, Melissa finally found peace, though not in the way she most expected. The years following Darren's birth had been angry years of searching for confirmation of the only answer she would accept—namely, that Darren's condition was reversible. The moment she released this emotional ultimatum that, for her to carry on with her life, Darren must be totally "normal," she moved to Stage II of healing. She felt a strange peacefulness in seeking no more doctors, having her son subjected to no more tests, and finally accepting the emotional leveling-off that came with no more useless expressions of self-recrimination. She was unaware that anything had changed except that she began to be happy again, accepting invitations and beginning to interact with people in a way she had not done since her son's birth. As she began to willingly share Darren's care with others and to interact openly with other people without guilt, her healing gradually moved toward completion and learning in Stage III. She began to build a strong foundation for her own worth and courage in facing this devastating situation.

Melissa, as the mother, had her own history of emotional rigidity and lack of emotional availability to love herself or others. As a child she had had polio and thus attracted a child who could both help her solve her own emotional struggles and also help another soul who had incarnated to do similar spiritual

work. While Darren was physically and mentally impaired, he possessed a gentleness and acceptance that taught her to see the power of love at work. As she saw that Darren was at peace, she realized that she could also be at peace, for in some mysterious way a greater awakening had taken place within her own heart.

CASE #3: BLINDNESS THROUGH HEMORRHAGE

John was held in a state of perpetual anxiety over what the future would bring. He began to experience inner changes, however, when his niece became involved in his care and involved him in her own world of people and ideas. Together they reminisced about his life before the onset of blindness, and they remembered the good times he had known. He found he still responded to those happy feelings and experience to “see” his own life and circumstances without the usual self-critical edge. And so he discovered a liking for himself that he had never before experienced. The loss of physical sight was disconcerting, but he found a renewed inner faith that gave him a type of inner sight, or knowing. He eventually did regain his sight, but he found that he depended on it less than before, since he had a different feeling about himself and his ability to see. He felt he now knew what made life important, and it was being with people in a loving way, without criticism or regret.

As a small child, John had one night seen the apparition of his dead mother. She told him that she loved him even though she had had to leave him. Shortly thereafter, he began to have mystical dreams, out-of-body experiences, and feelings of unusual closeness to God. He became so frightened by these encounters that he began to repress and disregard the energy that was leading him toward spiritual understanding. He was afraid that he, too, would die. As a result, John closed off his inner seeing, an act that translated to problems with physical sight.

John needed to restructure his belief system to allow for life as energy in which souls and the energy of love are eternal. As he regained his sight, he absorbed the new vision of understanding into his life, along with his connection to the universal forces he

had so long denied. He came to see that love is eternal and follows the course of the soul in and out of lifetimes.

CASE #4: INFERTILITY

On a deep level, Susan accepted her circumstance of being unable to have a child as just punishment because the picture of her young brother drowning was still very clearly etched in her mind, and she was sure she must somehow be guilty of allowing such a thing to happen. She felt responsible for causing so much pain to her mother and father. The fact that Susan had been only a child herself when this tragedy happened gave her no solace. She refused to accept that as a child she had no sense of what drowning meant, and so her remorse continued to overshadow her life. Every time she closed her eyes she relived the moment when she had witnessed her baby brother's body slipping beneath the surface of the water. In her own mind she was guilty, and no amount of comforting from her parents could dispel the fear of some impending punishment from God.

The manifestation of this fear was the cessation of menstruation when she married. Susan denied that she had any fear of having children or that she was in any way struggling with issues of guilt over her brother's death. Even at the end of seven years of psychotherapy she remained in Stage I of feeling alone in her pain.

Then Susan's mother died suddenly, and with this shock came also a cathartic release of pent-up pain and the anguish of the thought that she had in some way been responsible for her little brother's dying. Her mother's death pushed her into the spiritual self-discovery that she had so long avoided. As she allowed herself to experience the pain of losing her mother, she also grieved the loss of her brother. For the first time she was able to cry for his loss, not because she felt guilty but because she had loved him. A year later Susan and her husband adopted a baby girl, and with this step Susan moved into Stage II of healing. She found herself having long periods of renewed joy in living and of loving her baby daughter. She continued to grow in self-acceptance through mothering her child. Within two years she had resumed normal menstrual periods, and six months later she became pregnant.

While growing up Susan had many opportunities to forgive herself for her brother's death, but she was too blocked emotionally to allow a different perspective. Chances to babysit for friends' children were repeatedly declined, and discussions with close friends and family were always shut off short of any tears of true feelings. Even though she had a sensitive relationship with her husband, she refused to talk out or try to understand the inner fear that directed her life. When she faced her fear and her misplaced guilt, she found renewal, and so did her body. ✨

I thought about the fascinating cases of the four people who dealt with the stages of healing Mentor described. Mentor was definitely saying that the trauma in each of these cases could have been avoided had the individuals not blocked some process of change. But he was saying too that a greater learning, an important or even essential self-discovery, had also been the result of the struggle. I was struck by the realization that the way we most often learn is to lose something or experience pain and suffering in a form that pushes us to recognize a previously hidden level of our instinctual knowing about our needs and personal values. Without pain and suffering we would stay in our two-dimensional world and our mental comfort zones.

While Mentor did not mention the blockages from previous lives, I began to wonder about the need to work out problems from life to life or within a single life. Was there a relationship between disease and "karma"?

Is Disease "Karma"? And What about Miracles?

✨ *As we begin this discussion, you may recall that I've suggested that you have, and will increasingly have, the opportunity to view your lifetimes as simultaneous rather than only sequential. Given that humanity is still without the necessary spiritual attention to claim this new view of simultaneous lives, we'll talk about karma as the authentic reality that it is for many people. When you accept that lifetimes are sequential you do, in fact,*

become subject to the laws of karma, cause and effect. Because of this focus, disease can and does have a real carry-over influence in many people's lives.

Remember the example of the squash plant and being able to experience the squash seed, the plant, and the experience of eating it all at the same time, which I used in explaining the experience of simultaneous lifetimes? When you live your lives from a sequential perspective, you experience the individual chapters of your total life existence as if they were closed off from each other—totally separate experiences. When, by contrast, you experience lifetimes from a simultaneous perspective, you are experiencing all of the chapters of your total existence at the same time. A change in consciousness will no longer necessitate dying to one physical existence and leaving your physical body. You'll be able to move in and out of various bodies at will.

Most people on the Earth live presently according to a sequence of events in life and a sequence of lifetimes, because this pattern seems plausible. This pattern of expectation will change gradually over the next several thousand years, as people break out of space-time thinking in order to accomplish such ventures as traveling in space, regenerating organs, and lessening the effects of aging. The effects of diseases that stem from previous experiences and/or lifetimes are eased or mitigated only as the feelings and beliefs underlying the experiences are fully explored and understood.

Miracles are the opposite experience of karmic disease, loss, or failure. Miracles are the consequence of seeing wholeness and synthesis rather than cause and effect. Jesus Christ performed a miracle when he multiplied the loaves and fishes to feed a large gathering. How did he do this? He believed that all who needed nourishment would receive it, and so he used the energy of intention to accomplish this desire. He held the energy of his intention and his expectation as you might think of a sandwich; one side is the intention and the other is the expectation of its fulfillment. He paid no attention to the way the creative energy of Divine Love would work to fulfill the intention. He allowed the intention and the resolution to come together without worry or concern.

When a person's belief in his or her intention or the outcome is shifted, diminished, or even shattered, then no large or small miracle can happen. Probably the most powerful awareness that you can have at the moment is to accept that you see and create the experiences that you expect to see and create. In other words, you see what you believe is possible and probable.

If you accept that you are going to be punished or that you are going to die, for instance, then it will be much harder to change the outcome until you change your belief and the obvious or subtle intention through which you are creating your future. A person's body responds directly to intentions by stimulating the deep muscles and cells that hold the beliefs and experiences of the past and the projected future. A person who believes he is to be hanged by the neck may well break out in rope burns around the very place the rope might have been placed.

The way out of being held in this cause and effect reality is to deal with the experiences and fears that you realize are present because of the disease, stress, or confusion in your life. Remember Jesus: When he accepted that all things were being manifested for the greatest good, when he "turned it over to the Father," when he put it in the flow of Divine Love, a miracle occurred.

When he held the intention allowing for the creative energy to work on behalf of his desire to help, the physics of wholeness, of synthesis, was activated, and the unlikely outcome of unlimited loaves and fishes was manifested.

Powerful experiences are encoded genetically not only in your physical cells but also in your soul, and so the feelings and beliefs from the past, whether that is a lifetime or the day before, influence your present-day activities. Even though old cells may have been replaced in your body, or you are born with an entirely new body, the spiritual coding of past experiences lives on in your soul. When you begin in earnest to live your spirituality, the very first thing that seems to happen is the experience of dis-ease and struggle mixed in large measure with joy and wellness. Feelings of pain come as the result of healing your past and unburdening your soul.

Here are some thoughts on the type of experiences that tend to translate through the muscles and through the energy of the soul to new lifetimes:

Aspects of life that are difficult to resolve or have remained unresolved reappear in times that appear to be future.

Emotionally charged experiences and relationships, both positive and negative, tend to have a carry-over influence.

Feelings of being unjustly accused, or being always self-critical of your perceived or actual failings, as well as being fearful of expressing your own opinions and/or concern over your own innate worth and value, all tend to move into and remain in your deepest physical and spiritual coding.

Thoughts and/or actions in which your lack of compassion and love cause pain, death, or loss to any other living thing help you learn.

By contrast, epiphanies, moments of joy and divine attention, relationships with your angelic teachers, feelings of love and of purpose, experiences of love and passion and the reciprocity of these feelings, are also passed along.

Humankind often affirms the role of karma as a sort of inevitable "cosmic stamp." You can move beyond karma with spiritual discipline developed through daily practices, with a strong faith in the power of love, and through a deeply meaningful relationship with God in any way you define the Divine.

By choosing the all-powerful vibration of love over any karmic hold, you overcome all limitation. An important aspect of the three stages through trauma to healing that we've been discussing involves accepting responsibility for your perceptions and the opportunities open to you. Remember the leaf? Remember who you are and that you can float! ✨

Allegory of Lord Karma

✨ *There was once a man of whom the gods were so jealous that they punished him by giving him a large burden to carry. He was told he must carry his burden until someone offered him room and board for a night. Because he was given a robe of black and*

a frightening appearance, all who saw him fled in terror, convinced of his evil intent.

A rumor of his alleged evil pranks soon sprang to life, running rampant throughout the land, infecting each town with fear and suspicion. Lord Karma traveled from town to town for many thousands of years, waiting for another to so trust in his own power of love that no fear would be seen and only the experience of loving would be known.

Slowly, with measured footsteps, a small child approached Lord Karma as he paused by a well for a drink one hot afternoon. The boy seemed unafraid of the black cloak and looked instead at the traveler's bruised and bleeding feet. His eyes were wide with understanding, and without hesitation he asked the stranger to come with him that he might share what he had. Immediately the dark robe lost its blackness and took on a dazzling radiance. The burden vanished as the energy of love permeated Lord Karma's presence and made him whole.

Disease, imbalance, or any lack of wholeness, even though it springs to life through karma, cannot stand in the aura of love without being transmuted. The vibration of karma is always present but is nullified when one reaches beyond confinement in the name of love. In seeking healing you must realize that the complete acceptance of love into one's presence as a transformative experience is more powerful than any karmic reaction. The ready acceptance of karma as the end of the quest is too easy. The assessment of relevant karma only begins the quest toward understanding. It is the beginning of the healing process, not the end. Healing comes from both an understanding of the karmic forces in one's life and the perspective that any physical dysfunction can be overcome when aligned with the forces of love. ✨

I had always felt we were limited by karma, and yet Mentor was denying that karma had power when one aligned himself or herself with the forces of love. The realization that we, too, could perform miracles as Jesus did seemed far removed from reality, and yet I truly understood the concept of holistic physics that

Mentor described. My next question seemed clear: "Can someone be healed without first gaining an awareness of what caused the block or created the illness?"

Healing and Being Healed

✧ *There is a thought I would like to share with you, and that is:*

You never lay your hands on someone in love without a healing occurring on the appropriate level.

When you seek to heal, you are seeking to create an entirely new reality, a totally different combination of energy components, which can recreate a vastly different perspective and thus physical result.

As you realize that you are forever spirit and only temporarily and intermittently physical and spiritual, it becomes easier to listen to your spirit and to trust your own guidance. Your true appearance is as a light body, a multi-prismed energy presence that is eternal and forever patterned to perceive Divine Love.

You ask whether or not it is possible to be "cured" of a physical malady without first gaining a different inner perspective. The answer is "no." The spiritual understanding precedes or is simultaneous with any healing. When someone moves past physical trauma in a matter of moments rather than years, it is because the awareness of healing has occurred simultaneously with the physical alterations. In other words, Stages I, II, and III have been dealt with simultaneously. Healing requires inner soul movement but follows no rigid process, although the steps I've outlined for you in the three stages through healing approximate the journey of spiritual discovery leading to healing.

Healing involves the sorting through of one's emotional and spiritual baggage to see what is still in one's present-life suitcase. Much can be discarded; a small percentage can be kept. This sorting is the process of spiritual discovery or becoming aware. Healing through self-awareness, illumination, is the only honest healing, since it goes deeper than changing a physical situation or a physical life circumstance, and it moves to an understanding of the reason something happened and the part you and this occur-

rence play in the Divine plan. While illuminations are not something to expect with each change, you will nevertheless come to realize that you influence disease as you change the balance of life-force within the body, mind, and spirit.

The great mystery of life, its coming and its leaving, isn't reducible to a pocket-size picture, and sometimes you are unable to eliminate physical disease. This means healing may well be happening, but for reasons beyond your knowing the physical changes you most want are not taking place. Often it is a person's greatest challenge to surrender to a larger good, at such times realizing that all of life is part of a wholeness that is beyond each individual's control.

Healing involves finding one's own perfectness, the joy that comes with feeling loved by all living things and being able to return this love. You always further healing when you give love, since everything in physical reality is transmutable through this energy. You are always healing, as you are always changing, as you are always growing toward the next spiritual experience in the next life.

Every man, woman, and child responds to love, since it is the dominant vibration of the powerful healer archetype. It is also the evolutionary pattern that allows you all to contribute to the grand transformation of planet Earth. All who have incarnated on the Earth at this time are meant to be healers and are learning to be complete in their own lives, so they are capable of:

- counseling others in wisdom,
- holding the spiritual vision from the past,
- meting out peace and justice,
- finding comfort in and being touched in love by others,
- loving the Earth and her creatures,
- birthing new life and new models for living, and
- manifesting vision into tangible results.

Every physical life situation has the potential for healing and for causing transformation. Life is neither a dreary pre-recorded message of inevitable tragedy nor a carefree escape from spiritual growth and change. Life is a learning experience—a lesson in the art of healing oneself, each other, the planet, and

beyond. The purpose of physical life is to learn to heal—to heal the pain, anger, and frustration, and to channel the vast resources of love and learning to wherever they can do the most good, to the heart of humankind. ✨

Medical Clairvoyance: Learning to See

Medical clairvoyance is a perceptual ability not bound by the restrictions of time and space. In order to gain an insight into the dynamics of medical clairvoyance, it may prove useful to view its underlying principles, which are already recognized in fields far more conventional.

Consider, for example, the direction toward which certain aspects of physics are aiming. Research among various physicists is now suggesting that “time,” as we experience it, is an artificial expression of reality subject to our understanding of physical life on this planet. Physicists are now involved, therefore, in trying to reconcile an intuitive perception of the nature of time and space with the laws of physical reality as they are currently understood.

For laymen not fully schooled in physics, this research may appear totally absurd. Were it not for the fact that physics is a highly accepted and admired component of science, perhaps the entire theory of transcending time would be entirely disregarded.

Yet one must recognize that before physicists could work toward bridging the gap between what they are perceiving intellectually and what they understand to be true physically, they had first to acknowledge intellectually that reality may be more complex than we currently believe. In a very real sense, their minds had to transcend the limits of time and space before they could work toward discovering the corresponding patterns in physical reality.

Similarly, medical clairvoyance requires that an individual's perceptual system transcend the restrictions of physical reality. Physical laws of energy and geographic space should not be applied toward the understanding of this ability. Medical clairvoyance is governed by the principles of nonphysical energy. Simply put, processes of imagination and memory are real. When

one recalls an emotionally powerful memory, one immediately recreates that distant experience, regardless of the fact that the physical body remains locked into present time. Literally speaking, the natural ability of the mind, not bound by time, made a journey beyond time and space, experiencing fully an event no longer in physical reality.

Likewise, the perceptual abilities of a medical clairvoyant cause the energy system of another person to be seen through the focusing of the innate ability of the mind to "view" or "experience" realities beyond the physical plane. Specifically, a medical clairvoyant is concerned with perceiving the existence of an energy pattern within a person's total energy profile that indicates the presence of disease.

Just as a physicist must educate his or her mind in order to relate to the world of physics, so also must a medical clairvoyant train his or her mind. More than acquiring a strong academic background, the medical clairvoyant must work toward understanding and trusting his or her own perceptual system, as well as toward learning to translate those perceptions accurately. It is also required that the medical clairvoyant challenge the conventional and scientific view of reality and move into investigating a more mystical understanding of the principles of life.

I am not suggesting that one substitute the mystical for the scientific. I am, however, saying that one must seek to understand that the mystical and the scientific represent two approaches to the same underlying reality.

It was against this backdrop of scientific/mystical reality that I developed as a medical clairvoyant. The ability to accurately perceive another's physical body emerged through study and practice with an ever-increasing flow of clients. Yet in the early stages of Mentor's teachings on the nature of wholeness, before there were clients, I tended to accept his belief in the healing potential of the individual as more metaphor than physical reality. I remember how abruptly this illusion was shattered when I was given a chance to perform an actual healing.

A Minor Miracle

When she was five years old, my daughter, Melanie, had been sick with a severe chest cold and high fever that continued for several days before I called the doctor. He agreed to see her later that day. As I finished my morning's work with Mentor, he unexpectedly offered the following thoughts on Melanie's condition:

✧ *Agartha, look beyond your preconceived certainty about Melanie's condition and the means available to help her heal. Sickness and health are opposite sides of the same issue of wholeness. Can you imagine that by making the connection between your personality and spirit with the personality and spirit of your daughter, you can channel healing energy to her?*

It is appropriate for you to hold your daughter in your arms and imagine that you are sending her God's love and that all negativity and fear are instantly dissolved. Whether a person is young or old, she has her own spiritual issues to work with and resolve. When you believe that you are aiding another person in his or her own spiritual discovery and seeking to send love in ways to help, then healing always takes place on the appropriate level.

When you work on someone, Agartha, the energy flows through your hands into that person's energy field, pushing the issues that need attention in her life toward the conscious level so that they can be dealt with. The individual may say something quite different, think a very new thought, or experience a breakthrough that is helpful in healing.

The energy of love is the healing force that aids the other person's natural body wisdom to move through places of blocked energy. The individual's willingness to accept love into his or her life affects the healing to a large degree. For in being healed, one actually changes vibrational rates, overriding the established level of energy within the body. The new energy causes an intensive cleansing throughout the physical body, freeing it from its load of stress, dissonance, and confusion. Practice channeling Divine Love to Melanie, and you will be amazed at the results. ✧

Taking Mentor's advice, I took Melanie in my arms and held her for several moments, trying to project a beam of Divine Love into her body. The phone rang, interrupting my concentration. When I finally returned to Melanie's room, I found her jumping on the bed, displaying no fever and no sign of congestion. In the short time I had been on the telephone, Melanie's symptoms had melted away, and she seemed completely healthy again. The doctor who saw her later that afternoon was more than a little perplexed by her recovery.

It seemed inconceivable that those few minutes of holding Melanie had made such a drastic difference in her condition. I asked Mentor to help me understand the dynamics of the healing process.

✧ *Healing occurs when the body's established energy pattern of disease or trauma is altered by an intense new vibration of wholeness, of love. As the vibration of love is intensified, the points of negativity that hold disease in place dissipate. Think of disease as a many-sided projection of negativity drawn from all aspects of the physical and emotional bodies. When you held Melanie and pictured her as divinely balanced, you effectively neutralized those aspects of imperfectness that had manifested as her illness. Another way to look at her condition is to realize that her own sense of wholeness had been diminished, so this depressed energy lowered her immune system's resistance, and she got sick.*

As you held her, you reinforced her sense of oneness and perfectness within the universe and consequently changed the balance within her body. What you are doing, Agartha, when you are using healing energy in this way is adding sufficient energy to the individual's entire energy field so that one's body is able to re-establish its own perfect balance. It is ultimately the individual who heals himself or herself. The healer provides the balancing energy that is used by the person's body wisdom in the perfect way.

Love given with no sense of self-glorification or personal achievement is the thread woven through every healing. People heal each other every day without realizing that their positive energy has in any way influenced another's actual physical health. The healer helps another person find the means of becoming whole. ✧

A Second Miracle

My mother had suffered for years with an affliction doctors call carpal tunnel syndrome, which is compression of the median nerve within the carpal tunnel channel of the wrist. The pinched nerve causes one's arm to periodically "go dead," becoming completely numb for hours at a time. When feeling returns eventually, the person experiences severe pain that is usually lessened only by drugs. In my mother's case, the condition intensified, and surgery was recommended. Because she also suffered from severe arthritis in her hands, my mother was afraid that if her right hand were immobilized by surgery, she would never regain the use of it again.

When she called me and asked if Mentor would help, I felt that I risked Mentor's credibility if his suggestions failed. Yet it was a second opportunity for me as a healer to use his teachings to help another person deal with a severe medical problem. Mentor had shown me the way to proceed with Melanie, and I hoped he would offer suggestions for me to work on my mother.

✧ *Agartha, there are often numerous long-standing dysfunctional patterns in a person's physical and emotional bodies. Because you would have no knowledge of these patterns, use the following means of helping your mother and others to rid themselves of these negative patterns. Visualize a black star over the area of your mother's trauma, her wrist. Allow this black star to act as a magnet, drawing to it all of those known and unconscious negative thoughts or impressions that are in any way participating in the disease. Wait a few moments. Then in your inner awareness, picture a white star and place it over the exact configuration of the black star as you perceive it. Let the white star represent the perfectness of wholeness and perfect attunement of mind, body, and spirit. Concentrate on the white star.* ✧

In the years since that experience, I've used the black star/white star visualization with hundreds, perhaps thousands, of people. The intention to release the negative influences from the body, to learn from them, and to accept a greater health and spir-

itual clarity brings about amazing results. Wishing someone well contributes healing energy, but using this visualization as a healer can produce substantial healing results. And having persons in pain also visualize and experience results allow them to validate the power of intention to remove and release what is no longer necessary. Because the persons seeking healing feel in charge of their own healing instead of feeling someone else must make them well, they also learn to claim what they want for the future.

My mother and I worked for five days on Mentor's visualization. For the first few days I visited her in her home several hundred miles away. Thereafter, I worked on her from my own home. Although Mentor had not told me what I could expect to see when I concentrated on the white star, I found that after I had lined up one star over the other, the white one developed a beautiful luster and depth. I watched mesmerized as the light star literally overpowered the dark one, as if the very "life" of the negative energy was being transmuted before my mind's eye. The dark shape shrank and crumbled until it disappeared totally. Each time I did the visualization, the effect was the same. On the fifth day, the phone rang. My mother's wrist and hand were normal. There was no more pain.

It did not seem possible that a physical condition that had plagued my mother for years had actually been corrected through visualization. We were stunned, both by the change in her condition and by the realization that an evolved source of guidance had provided us with tangible tools of healing.

This healing, more than all of Mentor's thousands of words, authenticated the truth of his teachings, because the results were tangible. While I had believed in Mentor when his existence seemed preposterous and illogical to others, now I felt vindicated. Through Mentor's love and guidance I had participated in a healing that confirmed for me that the human being has the potential to learn from teachers beyond physical reality and thus beyond the boundaries of our preconceived ideas.

My mother's debilitating condition never returned, and while the results of subsequent healings were not always as dramatic, each one was special in its own way. With each healing I was bet-

ter able to understand the concept of wholeness and the body's ability to recreate wholeness as the pathway to total health.

The Power of Spiritual Healing

Since that introduction by Mentor to the field of healing, I became increasingly involved with healing as a spiritual practice. I had spent many years early on in life learning about the exquisite functioning of the human body and its intricate mechanisms that help us move, think, and love. Initially, I had wanted to go to medical school. Later, after I had two children, I thought about a nursing career. But neither of these opportunities came together in the right way. It wasn't until Mentor opened the door to spiritual healing that I found the way I was to integrate my understanding of the physical body with my appreciation of the power of the God within.

I've come to believe that all healing is spiritual at its core. Although we may think we want to just rid ourselves of a pain, heal a broken bone, or fix one particular ailment, the body is actually trying to get our attention, because the flow of life-force energy has been stalled, blocked, or impeded in some important way. Our body, through pain or other signs of imbalance, causes us to pay attention to the power of our feelings, intentions, and spiritual beliefs, all of which deeply influence our lives and health.

Healing, at its best, involves helping a client take charge of his or her life, and to accept his or her fears and joys in order to find his or her unique gifts and service on the Earth. My experience as a healer was to show me that our spiritual beliefs are usually insufficiently developed to support us when faced with a physical disease or life-shifting problem. Healing requires us to begin building our spiritual energy from the place we left it, whether that was at nine years of age, fifteen, thirty-five, or some other age. Building spiritual energy is no different from working with a muscle. Both require daily practice. Growing physically in no way automatically expands our spirit. When we get sick or find ourselves under stress or just overwhelmed with our daily challenges, we're more apt to take seriously the inner changes that need to be addressed.

While we sometimes do need drugs and surgeries, often we call in this cavalry prematurely, before trying alternative treatments that are less invasive and traumatizing to the whole system. The body has incredible powers to heal itself with herbs, natural remedies, and body energy work. As healers our job is to listen carefully to the person and the person's body and feelings in order to help translate the voice of the various subtle energy fields into useful information. A person's healing program needs to take into consideration the physical body's experiences, the mind's interpretation of past and present experiences, and one's spiritual beliefs and those challenges that have been important in bringing God and the angels closer to the individual. Working in harmony with all of one's subtle energies is important in a person's healing program.

To encourage a person on his or her spiritual healing quest, I often use various creative activities to move the client past the need to define that experience through thinking so that the client can make room for his or her intuitive knowing to emerge. Sometimes, for instance, I have the person work with a sand garden and select various natural elements to symbolize the important past experiences, both joyful and painful ones. Often, we'll pray or meditate together, or use Harmonic Triad sound audio tapes to stir the spirit and the emotions, or engage in other spiritual practices that break down the old emotional walls behind which a person closed himself or herself for so many years. We can lay our hands on our own truth more easily when we use art, music, movement, and "acting out" our journey than we can through the mechanics of "mentalizing" our way into our healing or out of our pain.

Spiritual healing involves the whole person and is unlike traditional psychological counseling, because the spiritual healer encourages emotional and spiritual closeness, which is essential for a person to confront his or her own shadow feelings. When I'm working with a person I try to create a safe and loving environment, totally without expectation. When we, as healers and spiritual teachers, ask another person to move into his or her internal world of experiences, we must first have done the same kind of spiritual excavation work ourselves, in order to be available to

love without the need to fix, to talk, to know, or to do anything externally. As healers we're called to reflect to another person the best and most meaningful wisdom we can. I believe this comes only through prayer and acknowledging ourselves as an avenue for the expression of Divine Grace. I often invoke the power of prayer when I'm with a person, asking to know and see what is important for our time together. Being a true healer is participating in a living prayer between two or more people who seek compassion and trust in each other and the God who serves all life.

In my healing work, I try to bring together an understanding of what a person's body and emotions need, as well as enhancing a person's self-belief in his or her own spirit's ability to guide. I've seen some people heal and others not heal physically, using the same treatment. I've seen people fail to heal physically but make remarkable progress emotionally and spiritually. And I've seen people experience short-term physical healing and then lose interest and go back to old ways.

Healing is a personal experience and different for each person. A healer needs to accept that no two people's responses will be the same. Most treatments have power when we believe they do, but those that work with the body's natural energy fields most directly will help us change, grow, and heal in more meaningful ways.

The mind/body connection has power to help us heal only to the degree that our minds can focus on positive and uplifting thoughts and feelings, when our minds support our altruistic selves not our ego selves. We also stand a much better chance of healing and filling our bodies with the vibration of love when our will power supports our higher-order beliefs. The mind, without any spiritual desire or higher purpose, has trouble doing more than reinventing or reshaping the circumstances that made us sick in the beginning.

A client benefits most in the healing journey when he or she finds the value of his or her life and honors it without judgment. I remind clients and myself that if we could have done something better we would have: "We did the best we could at the time." Healing is always life healing, even when we want physical healing. To affect the physical body in lasting ways, we first need to

strengthen the power of our spiritual energy, of our loving. The body can heal most easily in an environment of self-love, which enhances all other healing vibrations.

Appropriate Treatment: Allopathic or Holistic

People in record numbers are pursuing various holistic healing modalities. These healing approaches include yoga, acupuncture, chiropractic treatment, homeopathy, polarity, nutrition, body work and massage, and spiritual healing, to mention just a few.

A great deal has been written about all these methods of healing. But the issue is not really whether today's holistic healer uses allopathic or holistic approaches to treatment; rather, first and foremost, the issue is what the healer's motivation is for being a healer. This motivation will determine his or her willingness to use the methods that are best for the patient rather than only the methods that are familiar, nonthreatening to one's colleagues, and/or endorsed by the medical establishment. The motivation of coming from self-love will help the healer search in his or her own heart for answers and to believe in the power of love to heal. In other words, what is the healer's "heart-set" rather than "head-set"?

Mind and body must work together sympathetically to "sense" the appropriate treatment to implement. When the mind works apart from one's inner feelings, then opportunities are missed for better therapy or treatment that will achieve better results. The mind and heart must also work together. When we are with a physician, nurse, hospice volunteer, teacher, or therapist where compassionate caring and loving are blended with technological skill and insight, we know and feel the difference. We are encouraged, and our entire lives are enhanced. No number of titles, degrees, or accolades can offset the primary need for a healer to know the value of love and to use it.

I asked Mentor to comment further on the world of healing and the goals for which we might aim.

Becoming a Healer

✧ Those who are currently drawn into the field of medicine and health care, counseling, guidance, or teaching have the spiritual potential for facilitating healing. A new wave of healing practitioners is emerging, composed of persons who seek to heal others as they heal themselves by using the best of all traditions: East and West, native and technological, in order to find the most appropriate path toward whole-body wellness. The physical healer or health-care healer is called to honor his or her own spiritual journey as well as the spiritual journey of the patient. A person who is afraid or unwilling to do his or her own spiritual work is a poor risk as a healer, therapist, or counselor.

An individual does not usually choose from an intellectual level alone to practice healing in whatever form; rather, the healing chooses the individual. A prospective healer often struggles to resolve the doubts and realize the dream of being of service when he or she feels pushed from his or her inner knowing to pursue a career in healing or to bring a healing perspective into his or her career. The healer's pull toward healing is often strewn with uncertainties, since to become a healer/physician, healer/nurse, healer/therapist, or healer/(whatever you wish to be) always involves confronting one's own personal fears and inadequacies as well as those inadequacies of the present system of health care, service, or work.

The emerging Holistic Health Care Model is vastly different from the old model, in that the client or patient is the one whose choices and decisions are honored as the essential core of the healing journey. And true healing is seen as having a major spiritual component. The healer who is drawn to healing from a deep spiritual desire to help evolves through stages of self-healing and universal understanding that stand as his or her preparation for dealing with a changing world and with people in transition, many of whom are without spiritual roots.

Let us consider the three major hurdles a person confronts in becoming a healer, entering the field of healing either as a paid career, as a volunteer for an organization, as an unofficial intern

in learning a field of healing, or as a person whose wisdom and skill is used informally with friends and family.

Healing, in addition to carrying specific medical connotations, is also a creative energy that promotes self-awareness and effective group interaction. Realizing one's creative potential as a human being is the milestone that one reaches in the search to find and live one's means of service in healing. The three hurdles faced by the healer within all people are:

DENIAL—overcoming the fear of helping and/or becoming involved;

SKEPTICISM—acknowledging your soul's voice instead of only your intellect or ego; and

CONTROL—allowing the universe to be your partner.

DENIAL. Denial keeps you from accepting that you are meant to help others and be concerned for all life. If you carry a heavy dose of denial, then it will be hard for you to accept that you are meant to participate in the equation of helping other people, the Earth, the creatures, or other living systems. What would you say if I suggested that you are on the Earth to participate in life-shifting changes, and to do this you need to see everything you do as a means to this end of helping? What would be your response? "I'm too busy earning a living. I don't have time. It makes me squeamish to touch other people. I don't know how." While these excuses may be true in part, the answer is still that you have the core skills and abilities and the essential spiritual love already imprinted within you. And your well-being depends on finding and acting in accordance with your spiritual gifts and intentions.

Appreciate within yourself the skills and gifts that you already use, which are an important part of your present work/service. Make a practice of watching yourself be useful and supportive rather than critical and judgmental with yourself or others. Move this "helping ability" out front in your life and accept only those jobs, or careers, and/or service opportunities that acknowledge and allow you to honor these essential inner qualities of love, kindness, trust, faith, compassion, and respect.

SKEPTICISM. This is the “how can I” feeling. “How can I do this, afford this, sell this to my family, make this work in my life?” When a person is stuck in this feeling, he or she is actually being asked to consider possibilities that involve soul work that may well run contrary to one’s beliefs and lifestyle needs. When you look past your skepticism, you can explore, “What if I did this thing, or tried this approach, and/or was willing to use this new idea?” This phase of struggle asks the person to consider new possibilities because the person is learning to acknowledge the healer within, which is supported by the soul. Seeming coincidence and random acts can encourage one’s soul path into new arenas or toward remodeling old familiar ones.

The soul is always moving energy within the individual to open up new avenues of creative expression, and so the mind comes to see the soul’s intentions. Because people incarnating on the Earth at present do have a meaningful relationship with healing and the aspects of the healer archetype, every person needs to respond in some way to the universal impulse of healing.

CONTROL. When the potential healer tries to control a new impulse, he or she finds that all avenues of creativity cease. As soon as one relaxes and tries to consider new possibilities again, new ideas and opportunities seem to spring up everywhere. Often, feeling out of control is a fine way to accept that so many wonderful adventures lie before you that you are lost trying to decide which to take. When in doubt, always allow your spirit to guide. Your spirit will show itself as the truth of a situation, or the honest evaluation of your own or another’s actions, or the intention you honestly hold—none of which you may want to know, but you do need to know. Your spirit exposes you to your vulnerabilities so that you may grow strong and capable. Allow the rhythms of your life to move you this way and that through jobs, through relationships, and ultimately deeper into your own essence. ✨

The goal Mentor suggested of every person realizing his or her own important part of the emerging healing paradigm seemed an unlikely dream. Yet people are increasingly entering the heal-

ing fields. Some traditional physicians are also incorporating holistic approaches to wellness into their medical treatment. I pondered my own unusual discovery of holistic healing and wondered about my intention to help. Had the desire to understand another's pain brought me to spiritual healing?

✧ *Every person will sooner or later find a vehicle for helping. Every healer will find some means for healing, no matter the name they give it. So it was with you, Agartha. Your vision to help has become your reality. When you ask to help, you begin the journey toward a means of serving. When you take the first step, the universe always takes the second.*

In seeking to help heal another person, you've also entered the journey to personal healing. For when you "lay your hands on another person" either actually or figuratively, you're committing to your own personal change as well as to the essential spiritual change in another. Humanity is tied together by an invisible silver thread of potential healing, and it is called "love." Your challenge is to capture this powerful vibration and use it in your own life and to help others. Through love, the nature of life shifts, and healing energy becomes available to other living things as well. Life is, at its core, a search for God. And healing, at its most basic level, is a search for love. ✧

9 *Transition: Moving from Life to Death to Life*

"The luminous soul body slowly gained momentum, pulling away from its now-deserted physical body. The transformation of life to death to life was complete."

—MENTOR

WHAT LIES BEYOND OUR PHYSICAL REALITY?

Are we immortal spiritually? And if so, what happens to our personality when we leave this life? People throughout history have always, in their own ways, pondered the answers to these questions.

Many world religions and native cultures have their own beliefs around death—where we go and what part of our personality and/or our spirit continues in an afterlife. Although we live in a highly mechanized world, technology still can only help us walk up to the edge of consciousness exploration. We can measure, for instance, the heart rate and the amount of oxygen being absorbed by the body with each breath. But we are unable to measure the energy of soul or to understand exactly when it leaves the physical

body, why it leaves the physical body, and in what state it maintains itself after leaving the physical body.

While soul is beyond measurement by our contemporary instrumentation, we can nevertheless experience soul travel by exploring the work of those who use hypnotherapy in a clinical setting to discover past lifetimes, or regressional therapy to find the basis for emotional or physical trauma, or out-of-body and near-death experiences to explore states of consciousness beyond the physical body.

Near-death research is a prime example of learning about soul through the technology of the psyche rather than of the physical body alone. When people have near-death experiences (NDE), they are dead clinically, but after a short period of time they return to life and report various spiritual experiences and encounters. These people's reports have many similarities, including experiencing tunnels of golden lights, reunions with loved ones, and often meetings with spiritual masters, like Jesus, who either gave them a choice about leaving or returning to the physical world or told them they needed to return, since their "time had not yet come."

Conclusions drawn by these researchers and participants in the many forms of consciousness exploration suggest that the soul does carry our "knowing" in a way that allows us to perceive other experiences and recount them at later times.

The majority of people who have had mystical or transformational experiences believe in reincarnation, the idea that we live many physical lives rather than only one. This premise suggests that our soul essence continues its spiritual development whether we are present in a physical body or not.

My work as a medical clairvoyant, spiritual healer, and holistic counselor naturally brought me into contact with individuals whose diagnoses were terminal. Metaphorically speaking, one will never walk more delicately than in the presence of an individual who is approaching transition. For in trying to avoid the recognition of imminent death, the individual will employ the most unnatural, and often unhealthy, of behavioral patterns, because

these will seem familiar and/or “appropriate.” It seems more appropriate, for example, not to mention another’s impending death, as if verbalizing the reality of death somehow confers a type of conscious power that eclipses all hope. While it may seem that refraining from discussion of one’s actual physical state eases the strain, this perception is highly inaccurate. Unnatural silence on the subject only supports the process of denial and prevents the opportunity for the type of communication so precious to everyone in preparing for transition. As hope for the return of full physical health is wrenched away, an enormously painful void, heavy with the fears of the final moment of goodbye, seems all that remains. People find it almost impossible to avoid the tremendous pain involved in transition unless they have a meaningful spiritual belief in the purpose of life and the significance of physical death.

The appropriate role of the counselor during this time is to support and enhance people’s assessments of their spiritual beliefs in order to galvanize emotional and spiritual energy to look forward with hope rather than only backward with grief. The ability to take stock of one’s life spiritually is empowering, since we must sometimes move to this final doorway of life before finding the love and appreciation we hold for ourselves and others.

I was anxious to explore with Mentor the nature of transition and to better understand the actual experience of leaving our bodies.

The Transition Process: Moving from Physical Life to Spiritual Life

✧ *The room was darkened. The Venetian blinds hung limply at the windows, reflecting the ripples of heat back to the street and its busy figures. Alisa lay in the hospital bed, absently studying the putty-colored Venetian blinds, thinking how much they reminded her of her own home. Yes, the color was the same, she thought, but somehow they looked altogether different in her family room. The doctor walked into her room and soberly pulled a chair over to her bed. “Ah-oh,” she thought wearily, “more bad news.”*

"Alisa," he said slowly, "I'm so sorry. . . ."

What Alisa is experiencing exemplifies what many of us consider: How will we face the realization that we are going to die? Will it be with disbelief, fear, anger, horror, panic, relief, uncertainty, and/or joy? The physical reality seems so real, so permanent, yet the fragile thread of life can be so easily and abruptly severed, allowing body and spirit to go their separate ways. Much as a plane lifts off the runway, gradually gaining speed and altitude until it disappears above the clouds, so the spirit takes leave of an old familiar friend and readies itself for the continuation of life.

People experience a wide range of subtle energy changes as they prepare for transition. These shifts act as the cues from their souls to the conscious mind and emotions to get ready for a different experience. Spiritual cues help people become aware of, and attentive to, the spiritual changes taking place as they prepare for the next aspect of their spiritual journey.

Spiritual cues can involve some or all of the following experiences: Soul Moods, Prophetic Dreams and Vivid Imagery, and Birth Recollections. ✨

SOUL MOODS

✨ Soul Moods are the widely fluctuating moods people experience several months to several weeks before transition. They are the result of a general replay of people's lives and help them revisit past experiences as missed opportunities, accomplishments, failures, loves, losses, hopes, and dreams.

Soul Moods encourage people to experience their feelings and form conclusions about their lives. They reflect the inner spiritual work under way, motivating people to re-experience their lives from an impersonal perspective rather than from only the normal and familiar personal one. An impersonal perspective facilitates people's views of their spiritual identity: Who have they been? What have they learned? What questions remain unanswered? And which people are still unforgiven?

An impersonal perspective means people no longer struggle to fix or control the situations of life but instead view those situations as teaching vehicles. When people accept that they are preparing to leave their present reality, they find it far more satisfying if they can eventually adopt an impersonal perspective that is nonjudgmental, contemplative, and serene. The disassociation from a personal perspective comes only as people deal with their denial and anger, their need to bargain with God, and finally their acceptance of impending transition. An impersonal perspective is essential to quell people's inner critic and to encourage them, with greater clarity and gentleness, to accept their lives as complete.

As transition approaches, people may worry that they are unable to meditate, while others are comforted by prayer and spiritual practices. People preparing for transition are leaving everything that they have known and held dear, including their own bodies. Contentment and comfort are what the dying person seeks, and this may come in the form of conversation with family, friends, and/or hospice volunteers, or through reading, music lessons, drawing, or merely day-dreaming. Finishing up the business of physical life is also appropriate and gratifying for those with the foresight to complete their wills, plan for children's or grandchildren's futures, and discuss funeral arrangements. All of these actions demonstrate an acceptance of the closure and completion of the physical life that is nearing an end.

Detachment from one's physical life is a gradual process, and in whatever way people design their final months, weeks, and days is appropriate. Since the soul leaving the body usually remains close to the body for several days after the body ceases to function, or until burial or cremation, people's souls usually view their own transition services and seek to bring comfort to those who still grieve.

PROPHETIC DREAMS AND VIVID IMAGERY

Prophetic Dreams and Vivid Imagery reconfirm one's connection to those angels, teachers, and other loved ones who may already have made their transition and who appear as a dying

person prepares for transition. While images of the ethereal realms appear as people prepare for transition, angelic beings and teachers may also be present at the actual time the physical body closes down.

Colors, sounds, even voices of relatives may appear in loving and reassuring ways. These images are the result of the gradual building of spiritual energy attracting one's "mentors" so that all is in readiness. The dying person's dreams will take on a different quality, and the dreams will come to life in meaningful and profound ways. The dreams often seem to carry people farther—and further—away from their physical reality. These dreams are unlike normal dreams, and eventually the dying person is unable and unwilling to return from one of these "dream" experiences. The "dream" has become the new reality. People in coma are dreaming their own prophetic dreams but remain indecisive about releasing the physical body fully.

When a person's spiritual preparation for transition seems devoid of the prophetic, the person should not worry, for the build-up of spiritual energy always takes place. Spiritual energy grows from the person's own wise instinctual knowing and begins to emerge whether the intellect allows it into the conscious mind or not. Patterns of light or sound often accompany actual transition, drawing the person into other experiences as a means of closing one door to open another.

BIRTH RECOLLECTIONS

During transition, birth recollections appear in one's thinking as a means of pointing out that one is safe in dying because one was safe when one was born. The process of being born into physical life and of dying out of physical life happens automatically. As the soul body focuses on its spiritual role and the next step it needs to take, interest in and attention to all other environments drops away. One was just as confused at birth as one may be in facing transition, and yet life continued and continues.

At birth, children must breathe and eat for themselves. As they grow, they assume responsibility for their lives and learn to

infuse their purpose into their physical life activities. At physical death, people no longer have the desire and necessity for breathing and eating, as they assume responsibility for their needs at the next level of spiritual growth.

Experiences with this third set of spiritual cues, *Birth Recollections*, often center around the nine months of gestation, the time immediately before birth while in the uterus or birth canal, or the time immediately after birth even up to several weeks or months subsequent to birth. These early memories surface to show people that they were aware of sensations while coming into life, and thus they can feel reassured that they will feel sensations also as they move out of physical life and on into other experiences.

People come to accept that even though they may have been afraid and confused while being born, they were guided in ways they failed to understand but were still obliged to follow. And they did open their eyes in a new world. The effort of arriving into life and the effort of leaving physical life require spiritual “energy and knowing” rather than physical, emotional, or intellectual energy. Even as dying people wrestle with the pain and fear of leaving life, they can find reassurance in the knowledge that they are again moving into the unknown and will again be safe, even without an exact understanding of the process or the destination.

People’s degree of trust and faith in a Divine plan allows them to participate more thoroughly in such conscious experiences as the three spiritual cues I’ve just discussed. Because people expect to experience God as love and grace, they are more easily able to identify their soul at work as reassurance, acceptance, and joy. The soul prepares for transition by closing down the “Body Wisdom,” the intuitive balancing property of the body, and dampening the signals among organs. The soul disconnects the mechanisms by which systems of the body acknowledge the needs of each other, and full attention is placed on the continuing spiritual journey after physical life. ✨

The Birth Process: Moving through Transition into Physical Life

✧ *Let us explore a little more closely the process of being born, since the dying process is the same whether one is “dying” to a physical reality or entering one.*

The process of transition into or out of physical life enhances or releases the soul's bonding with physical life. Transition is the central theme of birth, as both fetus and mother experience disorientation and anxiety. These same apprehensions reappear at the time of death as restlessness and disorientation. For the fetus, the womb is the place of adjustment to the Earth's vibrations, functioning as a compression chamber to balance the inner and outer conditions. The child's soul body gradually becomes accustomed to the “weightedness” of Earth and to the necessary physical life functions that he or she must master by the completion of the nine-month gestation period.

Few adults remember being born or remember existence before birth, yet all of you have experienced it. While you may have felt just as afraid when being born into life as when dying out of it, you can find reassurance in knowing that you did, in fact, enter a new world successfully. Any major shift in consciousness causes your spirit to readjust in preparation for environments that lie ahead. The soul partners with the physical body at conception, just as the soul partners with the spiritual energy of Divine Love at transition.

At birth, children's physical bodies and souls unite and enter the birth canal as fully integrated presences to make their way into a new living experience. When entering the birth canal, children experience a “tunnel of light,” as do people who are entering the passage out of life. Many people, in fact, re-experience their actual birth into life at the precise moment of moving out of their physical bodies at death. When this happens, it means that they have completed the learning from the current lifetime.

Sometimes children emerge from the womb without a firm bonding between their souls and their physical and emotional

bodies. Likewise, people sometimes leave the Earth School without a firm bonding between their souls and the spiritual energy that fills their souls. ✨

Inadequate Soul Bonding

✨ When children are born without the necessary soul bonding, parents notice a lack of development, both physically and emotionally, in a lack of interest in nursing, inability to gain weight, emotional and intellectual apathy, underdeveloped organs and/or systems of digestion, respiration, endocrine, and excretion, and an aversion to being held or touched. Autism, for instance, is a primary example of the condition that results from a lack of soul bonding with the physical, mental, and emotional bodies. In extreme cases mental retardation occurs, and/or physical maladies show up as serious birth defects.

Babies may gestate in the womb for the nine months of accelerated physical development without the involvement of the soul. Parents can help heal inadequate soul bonding in their children if they remove all expectations of physical, emotional, and intellectual development, and concentrate instead on acknowledging their children's own means of creative expression. This suggests for parents a metaphoric re-emergence with their children in the warm, watery, and gentle world of the womb. To help heal these children, parents need to be long on unconditional love and willing to give a great deal of attention without expectation or anticipation of their children's reaching immediate developmental goals like saying words, sitting up, holding a cracker, or even walking. Children developing soul bonds with their physical world benefit from beautiful music, songs, voice tones and sounds, gentle body movement, massage, colors, and textures. In these ways, parents help draw their children's souls more completely into full participation in the physical world and offer them the means of expressing their own authentic voices.

By the time children enter the world, they are assumed to be ready to live in a physical world. Yet they continue to need guid-

ance from the Divine and from their nonphysical teachers. Children in the first few months of life find the sacred most easily through sleep, when their souls are in union with the Divine. Even older children or adults revert to lengthier sleep patterns at highly stressful times in order to find their spiritual direction.

What are the consequences of inadequate soul bonding in those preparing to die? Rather than seeking union with a physical world, the soul instead seeks to bond with Divine Love. When people have had no interest in, and little experience with, “loving” in physical life, then their spiritual energy is inadequate to carry them onward beyond the observational level. In such cases of incomplete bonding to Divine Love, the soul must learn to love before moving on to other dimensions. The soul learns to experience Divine Love in two ways. First, it draws spiritual wisdom and Divine Love from the Deep Blue Channel of universal energy available to all. Second, the soul observes the love in the lives and hearts of those left behind in the physical reality. Once the soul has filled sufficiently with Divine Love, it is free to move on into the expanded self and other living opportunities. ✨

As Mentor spoke of the need for soul bonding in both entering and leaving the physical world, I was struck by the enormously significant role the soul plays in our physical development and in our movement beyond the Earth plane. Still, we are usually completely unaware of this dominant level of our being. I felt a deep note of truth, a reassurance that just as I had no idea where I was going when I was coming into this world, what was equally true was that I could trust that a greater plan was enacted as I left it.

I considered all that Mentor had told me, not only about our personal spiritual journey through birth and death but also about our individual experiences set against the vast backdrop of simultaneous lifetimes. Mentor’s ideas on living and dying and on simultaneous lifetimes seemed to fall together in the following ways:

1. *We experience lifetimes as sequential, which in fact they are for us until we change our perception and realize that lifetimes only appear to be sequential.*

2. Once we put our intention and attention on all of our lifetimes, expecting to learn from each, we draw some experiences and some lifetimes into center stage, while others recede. Through this process of drawing forth and releasing, we can eventually experience all of our lifetimes, as well as the “spaces” in between physical lives, when we are pure spirit.

3. We are moving into a time of accelerated spiritual growth and learning in which our spirits are guiding our lives and our choices. We can help the process of creating physical health, emotional balance, and spiritual love by learning to “listen” to the directions our spirits would take us. In following our daily spiritual practices, we become better prepared to approach transition with grace and awareness of a Divine plan and to follow the Divine path into fresh opportunities.

Mentor had commented that full past-life recall would come to us only as it served our ability to teach, help, or share with others. He was suggesting clearly that we were moving toward a “mentoring” role with others, meaning that we would be the students and the teachers in all our relationships, and we would seek to use love in all ways.

I wanted to further explore the idea of “mentoring,” because it suddenly dawned on me that Mentor had suggested I call him “Mentor” more as a means of defining his role than as a proper name. Surely, “mentoring” as a means of spiritual advancement was his mission to us on Earth.

The Journey of the Mentor

✧ *Living a physical life while accepting that you are a soul, and doing so with love, is the journey of the mentor. In spite of the many distractions of physical life and the many serious problems and difficulties that are involved in living a physical existence, as you remember who and what you truly are you become able to move beyond, around, and through physical limitations. You will be unable to control some circumstances you encounter*

as a developing mentor, but you will be able to learn a great deal from these challenges.

In walking the path of the mentor, which is the journey I am encouraging all of humanity to take, you use the primary aspects of love in all that you do, as the basic truth in which you believe. These aspects of love are:

- *Love as compassion*
- *Love as tolerance*
- *Love as self-acceptance*
- *Love as cooperation*
- *Love as respect*
- *Love as joy.*

The challenge of remembering that you are a spiritual being in a physical body and environment is similar to a picture of two complementary faces, one dark and one light. Both faces share the same defining outline. Yet because of this close relationship, the human eye perceives only one face rather than two.

The human perspective, left untrained, also sees only one aspect of the Earth-School experience—namely, the physical reality. Once you realize that, like the picture of the dark and light faces, your physical and your spiritual realities are both “real” and share a common definition that is the experience of transition into and out of Earth School, you are empowered to choose the path of love in all relationships of your life.

When you walk the path of the mentor, you are overriding the stimuli that are exclusive to your physical environment, and you are instead honoring the spirit within you as your guiding force. You are, in essence, placing your attention on the light face. When you are immersed in your physical endeavors, it is easy to believe only in the power of the dark face, the Earth-School environment.

When I told you that you might call me Mentor, meaning “Teacher of Truth,” I was suggesting that I am defined by my purpose and have no “name” per se. My purpose is to mentor you and others on the Earth-School plane and beyond, in order to help facilitate the essential shift into an Earth School grounded in Divine Love.

People's spirits, the God within, and their angelic teachers all encourage you to identify two aspects of your world: the immediate, which is both beautiful and enticing, yet chaotic, and the less distinct shape of your spiritual world, which is beautiful and enticing but eternally calm. Once people accept that they are a spiritual energy in a physical body and reality, they understand that their spiritual lives are continuous. And by "remembering" this truth, they also walk the path of the mentor. ✨

I recognized in Mentor's words the ring of the prophetic; he would be my "Mentor," teaching me the ways of mentoring others. As I worked with people who were getting ready for their own transitions, I realized that the role I played as spiritual healer was really more the role of the mentor than the therapist. A mentor is one who absorbs ideas and perspectives and beauty and meaning from every living thing, in order to transform this energy within oneself to return it to the Earth environment in the form of love and compassion.

This love can be expressed in the form of prayer. For me the importance of prayer is that it brings me great reassurance. I also believe prayer is a powerful means of stating our own truth and putting our thoughts, feelings, and desires into words that attract the energy of solution. But I feel sure that this verbal articulation is more for our benefit than for the Creator's, since I believe our circumstances and inner health are clearly known. Still, we are drawn inevitably to telling God our troubles and "talking things over." I wondered what new insights Mentor could offer on the power of prayer.

What Does It Mean to Pray?

✨ *In prayer you are talking to God, while in meditation you are listening. We have spoken of meditation and its effectiveness, and I have suggested some specific meditations for quieting the mind, placing your attention on your inner landscape and learning to listen to the Creator, to the living essence of life around you, and to your own angelic teachers. How, then, is prayer different from meditation, and in what way can people pray to God*

as a “relationship—the verb and the noun of Divine Love,” rather than only to God as one maternal or paternal source?

Consider the way you experience a cloud. One cloud is part of a sky full of clouds, and yet you can experience a cloud as separate. God is the God of totality, but through your own needs and concerns God becomes the energy addressing your own personal needs. If God can be the sky filled with clouds, then God can also be the individual white wisp of a single cloud, the essence to appreciate and care for your spiritual hurts.

Men and women of vision are connected to the Divine by their own visions of themselves as part of an inseparable aspect of creation. This sense of community with all life is the basis, then, of prayer, through which humans seek to honor the Divine as both the omnipotent and the tender of the individual soul. ✨

The Nature of Praying

✨ Prayers are the creative spiritual language of love. In whatever way you pray from your heart, your intention is shared by all living things on Earth, the vast array of nonphysical spiritual teachers, and the totality of love, which is God. You have need of many kinds of prayers, from prayers of appreciation, thankfulness, and blessing to prayers of hope and rescue, prayers of acceptance, and, of course, prayers of forgiveness and replenishment, and on and on as the human heart awakens.

No one person alone owns the right way to pray, for each human heart knows its own prayer. The ability to listen to your own rhythms allows the most appropriate prayers to emerge from your heart. Prayers are powerful when they seek the good of all rather than only a personal change or action. Prayers are meaningful when they speak first of the blessings that you have accepted into your life. Prayers are effective when they are truthful and honor the spiritual journey that is difficult and sometimes blinds you to the most beneficial ways to go. Confessions are less effective than asking to see and understand a “better, more loving way,” and capitulation is unwarranted, since God asks only that you surrender to love.

Prayers are effective because they connect your deep intuitive self with the many reflections of God as Divine Love. In prayer you “talk through” your needs, fears, joys, blessings, and challenges, accepting that God hears and participates because this immortal presence can be all things to all people.

Believe in your prayers and in solutions that may be different from those you imagine. Pray for opportunities, for fair exchange, for clarity of purpose, for means of growing your service in the world. And then I would also encourage you to pray for peace of mind, for forgiveness, and for joy to appreciate your blessings, your health, and your courage to meet and resolve life’s challenges.

Prayer is a vehicle connecting various energies and intentions. When you pray, you create an energy intention that has great power. When this intention has a grateful heart behind it, the power is even stronger. Pray all day, rather than only when you need something. And pray believing—pray knowing that you are heard!

You can use repetitive sounds and letters as the foundation of your prayers, as in the universal sound “om.” You can use prayer wheels, chants, or mantras to enhance your praying energy throughout your day as a continuous connection to the Divine. This connection will give you the realization that you are living your life in the energy of the Divine plan, and you will be unafraid and courageous. ✨

I could feel the power of Mentor’s words as he spoke of prayer. Like most people, I wanted to believe in a personal God, and yet I was learning that God was rather “All That Is.” I appreciated Mentor’s metaphor of the clouds, because I accept that the Divine is all-powerful enough as an energy source to appear in whatever form is required to further spiritual evolution.

We pray from our souls, from the deep inner place where we see ourselves most clearly—and usually our faults most clearly, too. I wanted Mentor to continue his discussion about life, death, and continued life by sharing some additional thoughts on the nature of soul.

The Power Lies in Your Soul

✧ Your soul body is a precious essence that is enhanced each time you give it your attention and listen to the flow of energy that tells you of your responsibility to yourself, to others, to the Earth, and to the Divine. The voice and intention of your spirit, and the ways in which you can trust yourself, honor your own opinions and feelings, and respect the journey you've walked, allow you to flow with the power of spirit. Staying attuned to the guidance from your spirit and from your angelic teachers helps you experience the spiritual continuity of lifetimes rather than the upset of only coming into and leaving them.

Many philosophers and mystics as well as statesmen and monarchs have sought to identify the nature of soul. The easiest way to identify your soul is to watch for evidence of where it is growing in power. Can you make difficult choices that deny immediate ego or emotional satisfaction, in order to reach or maintain a more distant goal that has a higher purpose? Can you love others without needing to have your love returned? Can you hold true to your view of the truth based on love for all, even when others disagree, and you fear for your job, your relationships, or your dreams?

Soul holds your energy of Divine Love, which is the spiritual energy keeping you alive. Let us consider some specific qualities and properties of soul and spiritual energy.

1. Soul is the energy that supports and holds your life-force energy, your spiritual energy, which at its most basic level is Divine Love.
2. Soul enhances your involvement with, and experience of, other living things.
3. Soul has boundaries, but they are not limiting.
4. Soul is purposeful without being directive.
5. Soul is the embodiment of the Divine Mystery within each living thing.

6. Soul resides around your entire physical body as well as within your physical, emotional, and intellectual energy bodies. ✨

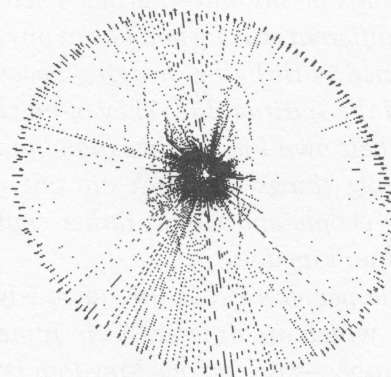
What, then, is spiritual energy?

✨ *Spiritual energy is the love that fills your soul and expands and contracts your soul body with each thought and action. Spiritual energy flows into every living thing in the universe and into your life when you are born. For the length of time you are in a physical body, spiritual energy swirls through you, filling your soul and defining your physical existence as separate from all others. Spiritual energy arises from the Deep Blue Channel of energy, the “birthplace of all souls” that I spoke of earlier. The Deep Blue Channel is the place from which the essence of love as knowledge, wisdom, and compassion flows to you in physical realities past, present, and future. Spiritual energy is understanding as knowledge and the application of this knowledge as wisdom.*

Each time and in each lifetime that you place your attention on your spirit’s guidance, you add energy to your soul’s substance and you enhance your ability to listen to the subtle undercurrents that help you intuit new life directions. The energy of the Deep Blue Channel helps you know and apply what you are learning through your own guidance, in order to improve the effectiveness of your daily spiritual practice.



Developing Mentor



Mentor

The highly evolved soul bodies, the mentors and seers of your world, who incarnated from time to time in physical form—Jesus Christ, Buddha, Krishna, Mohammed, and others—all maintained their spherical energy patterns even while on Earth. Developing mentors have a singular column of energy, and additional energy units are added as one places his or her attention and intention on one's spiritual guidance. A sphere of energy is formed gradually by a developing mentor. When a person has the ability to draw from the entire spectrum of life, choosing to know and/or experience specific periods in history or other lifetimes, then the developing mentor becomes the evolved mentor. The more evolved the soul body of the mentor, the more complex the pattern of energy units. For example, Agartha, you see my energy field in a spherical configuration of many energy units, while I see yours as the expanding column of the developing mentor. ✨

I was absorbed by Mentor's description of the way in which we grow in spiritual energy. I easily accepted his explanation of the developing mentor as one who is adding energy building blocks through the experiences of subsequent lifetimes. I wondered about animals and the pets we love. Do they also grow in spiritual energy? Do they become human souls?

The Souls of Animals

✨ *Animals do not have karma. Their energy can be absorbed in many different ways when not in physical reality. Animals are unconcerned with living or dying because they accept the continuing of the spiritual life. They often choose to remain with the spirit of their own kind rather than "progressing" to human life. Other living things on Earth are not necessarily interested in becoming people and would rather explore the beauty and purpose of other kingdoms.*

While people's needs are obviously different from those of animals—which are different from minerals, which are different from microbes—still, no one kingdom is better than another. The

lesson is truly for all things, including the human animal, to value the vast diversity of life on Earth. ✨

Other Transition Experiences

We have all experienced many thousands, maybe millions of transitions. I wondered in what way I could experience some of my own transitions to better understand and believe, without doubt, in my own spiritual immortality. A friend who was a regressional hypnotherapist offered to take me back to experiences of transition.

Regression is an intriguing experience, because you are sufficiently submerged into the unconscious to draw from soul memories and also from your own life's deepest experiences, but you are seemingly in an altered state. Yet you are altered. My work in healing has taught me to accept that our past experiences are imprinted in our cells and in our souls, and so it stands to reason that we can reach these experiences. Mentor also suggested that complete recall of other lifetimes will become available as we attain more service oriented levels of spiritual awareness, as we become fully realized mentors. We are able, however, to experience the bits and snatches of the experiences imprinted within us.

Two experiences are worth recounting. The first is important because it explains my current fear of being burned alive. As I clicked into the first experience of the regression, I was standing at the edge of a high cliff, hands tied behind my back. I knew instantly that I was to be pushed over the edge into the fire below. I never turned around, however, to see who was standing behind me. I remember the feeling of falling toward the fire and preparing myself for the pain of impact. But pain never came. I left my body before it actually hit the flames and was instead lifted into an exquisite calmness. From this memory, I've concluded that even in the most horrific of scenes, when we see people's bodies in unspeakable pain, it may be that they too have left before the traumatic impact.

The second experience took me into the body of an old, old

woman. I had gray hair wisping out all over my pillow as I lay in bed. I had apparently been in bed for some weeks, and it was clear that I was close to leaving. Yet I was peaceful. My large family was gathered around my bed, and as my spirit left, I continued to be aware of what was going on around me. Although I was unable to see people with my eyes, I did "see" them much as a blind person places people in a room. I could also clearly experience the words they spoke. I remember thinking that it was lovely that my children and friends were sharing positive sentiments about me, since they didn't realize I could "hear" them. Floating just beneath the ceiling boards, I remained in the room for quite some time before the image faded from my mind's eye.

In retrospect I realize that this final transition scene faded because I felt complete with the experience and was able to "let it go." From my work with Mentor, I've come to accept that our spirits stay with our bodies after transition until we feel complete with our spiritual learning and are ready to leave. Then the images merely fade away, and we are somewhere else. Accepting that the soul stays with the body for a short period after separation is probably the reason religious or spiritual leaders in many cultures suggest that the body remain undisturbed for several days.

Perhaps the question asked most often by people about to experience transition is, "What will it feel like?" This always seems to me to be a natural question, one arising both from the fear of the unknown and the anticipation of the quality of the path about to unfold. I asked Mentor to comment on the actual experience of dying. What would a person experience at the moment of death?

What Does Transition Feel Like?

✧ *As the person enters transition, the physical functions of the body become quiet, listening more and more to soul. As the ability of the body to listen and respond to the mind becomes blurred and overridden by other messages of the spirit, many people lose the ability to express their thoughts clearly, and words may become*

garbled or unintelligible. If the person is in a coma, he or she may appear to be unaware of what is happening in the immediate environment. The person is, actually, very aware, and whether he or she is able to speak has nothing to do with the person's ability to understand what is being said. The dying person is unable to speak because of loss of ability to use language and is instead reverting to the use of perception as the way to communicate.

If you are with someone who is in a coma, for instance, and want to communicate with him or her, use the language of perception rather than only words. Sit next to the person, and quietly image the person with eyes open and able to speak to you. Ask the person a question. Then, staying in the state of "perceiving" and "intuiting," listen from your heart rather than your mind. The telepathic impressions will come to you, and you will be able to interpret these impressions automatically in words, images, sounds, or visuals.

When you were born you were connected to your mother through an umbilical cord and you maintained yourself without needing to breathe air. Air was for nine months a foreign substance. When you entered the world you took a mighty gulp of air and filled your lungs. When you leave you release the same mighty gulp, the last breath, and return again to an environment in which air, *per se*, is unnecessary. How did you manage before you could breathe? You had another means of breathing, and this was through your mother. And when you move out of physical life, you go back to breathing as you did before, through your mother, only this time it is your Mother/Father God, the Creator and Universal Force of all life.

Looking at the physical body of one who has died can, and should be, a comforting experience in the sense that this body in no way resembles the presence of the living individual. The all-important sense of self, which is the warm light of soul, has left.

When you no longer have a physical body, you change your means of identifying life around you. You learn to perceive rather than to see or hear or touch through physical senses. To know how you might experience a loved one once you have crossed to spirit, close your eyes and picture the front of your house. You are

not actually looking at your house, but you can still picture it clearly, because you can remember looking at it. The memory holds the experience.

Memories are imprinted not only within the physical cells of the body but also with the soul's essence. Now picture a friend's house, someone who lives at least a hundred miles away. You were able to picture the second house easily, and you had no need to actually journey there. You merely put your attention on "seeing" it in your mind's eye. This "mind's eye" is the perception of your soul rather than the eye of your intelligence, your emotions, or your past experiences. Putting your attention on the memory brings it once again into your awareness, activating deeper soul memories. The same retrieval process occurs when you are exclusively spirit. The soul allows you to experience the memories of the life you've left, if you so choose.

After transition you can "call up" memories from your spirit, but you are less inclined to do so, just as you put more attention on your immediate needs than the experiences of friends or family many miles away or living in the next room. As you move along on your own spiritual journey you are occupied with events at hand. You are even more involved in "living" when you are purely soul energy than when you are living in a physical sense. When you are physical you use only a small percentage of your capacities. But when you are fully spiritual energy, you use the full complement of your total capacity for perception.

Perception, then, is the key to experiences in the observational mode (where your energy moves after physical death) and the expanded self (the collection of your soul energy from every living experience). Perception is the essential skill to learn while you still have a physical body, so that you are better prepared when you are only spirit. Perception works like this: instead of settling for an approximation of knowledge, the spiritual self seeks to know exactly, and does so through sensing the subtle energy fields of people, objects, or circumstances.

Imagine that you are in bed with a green-and-white striped comforter, a heavy blue blanket, a lighter yellow blanket, and a

white sheet. When you're physical, you lie in bed and can see only the top comforter, but you are able to sense and surmise from the weight on your body that other blankets must lie under the comforter. You have no idea, however, what other blankets are beneath the comforter, what they look like, or how many there are. If you were in your spiritual body, having no physical body, you would be able to distinguish among the actual layers of blankets and know all that there was to know about each blanket—where it came from, what it is made of, where it was made, and by whom. ✨

Mentor made being without a physical body sound appealing rather than frightening. His discussion about the nature of soul and about the loving Divine Energy that fills our souls caused me to sit quietly for a period in appreciation of the extraordinary plan guiding our souls.

As I read over Mentor's thoughts on the state of death and the nature of transition, it occurred to me that no mention was made of a "judgment day," "pearly gates," or a "final reckoning." How or by whom is our life judged, or is it judged at all?

Who Measures the Success of Your Life after You Leave It?

✨ *No outside source is keeping track of your soul's growth; you are! How are you able to evaluate the growth of love and compassion in your soul? By evaluating their growth in your life. Your soul is God incarnate within you, holding your personal spiritual energy of love, which is eternal.*

I have suggested that human beings are without time limits for achieving enlightenment, without any one right or wrong way for achieving it, as long as one lives in love. While people may take many lifetimes and many circuitous routes to God-realization, spiritual awareness comes down to giving your full attention to every action you undertake, and to accepting your own divinity so that you draw from Divine Love rather than from personal imbalance. ✨

I had one last significant question remaining to be asked on the subject: After transition, are we able to find those we have loved, and can we incarnate with them in other experiences?

✧ *The decision to incarnate with other loved ones is a soul matter and depends upon the decisions of each person's soul. But if you and another have loved and grown together spiritually, then the option of joining in other living experiences is very real. When you put your attention at the time of transition on the desire to share additional experiences, then this energy tends to carry on as a primary probability.* ✧

I thought back to Mentor's story of Alisa, the example he used at the beginning of the lesson on dying. I asked him to finish the story and to share what he thought might be her ongoing perceptions of transition, since she was an example of every person's journey out of the physical Earth plane.

✧ *Alisa heard the words, "I'm so sorry," but did not hear the meaning. She could not hear the meaning. It had been such a long, hard fight against the growing cancer in her stomach. She had hoped that all of her positive actions would have turned the tide, but obviously she had failed. Alisa no longer felt angry, although she was still shocked at the pent-up anger that had been vented over many unsuspecting friends and members of her family.*

She felt complete unreality about dying. She had trouble imagining that at one moment soon she would no longer be the woman she had always been. On the other hand, Alisa was tired of fighting the cancer and knew intuitively that once she relaxed into acceptance of the inevitability of death, she would leave.

She watched the doctor's lips moving as if he were at a great distance and realized he was talking to her. She could not seem to hear him—or was it that she no longer cared to hear him—because another sound was taking the place of his words. At first it was a soft sound, like a muffled whistle. But then it grew more intense, filling her with the strangest feeling. The sound grew

until it seemed to fill her every pore. No part of her was separate from this sound. She remembered this sound; something about it was familiar.

Alisa felt herself begin to sink into the sound, and for a moment she panicked, struggling to rise above it. Yet once again the sound began to arise, and it seemed to be coming from inside of her. Several more times she began to sink and jerked herself back. But each time it was more and more difficult, and she realized that the next time would be the end and, she hoped, the beginning.

Alisa merged with the sound, and it was the sound of her soul, the “dream” of her immortality. Once she was in transition, she lost her fear of dying. She saw the light of her guardian angel and, moving toward her, she saw a circle of energy open up to reveal the images of the people she had most loved, both living and deceased. Her luminous soul body slowly gained momentum, pulling away from its now deserted physical body. The transformation of life to death to life was complete: Alisa was home. ✨

I could almost feel Alisa’s soul leave through the beautiful recounting of this woman’s transition. Over subsequent years, I was to personally experience the transitions of many friends and clients, many of whom followed this same progression. I had clients who actually felt Mentor’s presence as they approached death. His reassuring presence, caring words, and inestimable help in sharing what they might expect as death neared eased many a person across the seemingly treacherous waters of transition.

As I thought about Alisa’s soul leaving her body, I knew that Mentor was also bringing closure to this Agarthan project that we had worked on for so long. I had no words to describe the loss I knew I’d feel when Mentor’s daily dialogues about new ideas and premises no longer punctuated my daily routines. I felt certain that Mentor and I would continue to be together in some way, for I accepted that I was, and would continue always to be, his student, and he would continue to be my mentor.

Mentor had changed my entire perspective of life and of God. I had come to see the Divine as a “relationship with all life” rather

than a single source. God was the reflection of the knowledge and wisdom of the "Deep Blue Channel," which was similar to a vapor trail. God was the Source, the intention, and the result of all occurrences. God was beyond intellectual knowing and was found only through simple attention. God was energy, and this energy was the "stuff" of the universe. Because people are also energy, humanity is in relationship with God.

It was with a strange flood of emotions that I asked Mentor for his final thoughts on this Agartha project.

Mentor's Final Thoughts

☀ *The information that I've brought to you, Agartha, is to be used only in love and with love, to enlighten and to heal a world fractured with lack of faith. My hope is that whoever shares these words with you and me will find the energy of love, peace, and understanding to encourage their spiritual journey. In this way people may move even more successfully through each physical incarnation, choosing, or at least becoming more acquainted with, the truths that ultimately bring joy.*

This book serves as the affirmation of humanity's divinity through an understanding of the continuation of consciousness. The God presence is within and beyond all individual physical life. You experience and verify this reality for yourself as you proceed down your own spiritual path toward knowing and living in love. You also give yourself permission to discover new ways to solve your problems, to live without judgment and with grace, and to endure through hardship and trial into everlasting joy and Divine attention.

The greatest gift of all is the gift of love. And from my world to yours, Agartha, this love creates and transforms through understanding. This love has touched you, has taught you, and has changed you so that you are better prepared to reach and support all who come to you in need. You will find continued verification of the God within through my presence in your life as well as through the experiences in which you share love with others.

While you will have struggles in your life, still you have begun a life long search for truth that will help you overcome your travails. Through your search you have found that love is stronger than fear and that God is more than a pleasing metaphor. The Divine presence is the truth that embraces each human heart in love.

The sphere of light that you have followed has been my energy guiding you. I will be with you until you, too, are ready for transition, and then I will show you the path to your spiritual future—and you will be unafraid. While you work toward your own release from physical reality, I will work with you, for we have much work to do, you and I. We are creating a greater understanding that will awaken peace and cooperation in your world. I am Mentor, your teacher.

Go in peace. ✨

Epilogue

MENTOR'S FINAL WORDS IN AGARTHA
tugged at my heart . . . "We have much work to do, you and I . . .
I am Mentor, your teacher."

Endings have always been difficult for me, and ending the first edition of *Agartha* in 1983 felt enormously unsettling, as if a chapter in my life had closed and I was saying good-bye. Mentor had become not only an old and trusted friend but also the spiritual core of my life and my healing work. Life without our daily dialogue was inconceivable. In reflecting back over the fifteen years I've worked with Mentor, I can see now that the farewell was only to my own disbelief and uncertainty and to the fear of being true to my own deep knowing.

I'd come to rely on my daily sessions with Mentor to reassure me of the existence of the nonphysical world and my ability to interact with it. While it was not Mentor's intention to direct my life, I'd come to believe in and love deeply this compassionate and knowledgeable teacher who challenged my thoughts and choices with a vision of a broader outlook and influenced me to reach for the life I most sincerely wanted to live.

Like birth and death, beginnings and endings of life cycles should be recognized and commemorated appropriately. Yet the actual changes these major beginnings and endings herald often slip quietly into our history before we can understand or ade-

quately measure their profound importance. This updated version of the original edition of *Agartha* represents a revisit to the beginnings of my spiritual journey and to the path of the healer/mentor that I now seek to walk. I no longer see an ending to the *Agartha* project, for it has become the basis of what I teach and share.

When Mentor said that he and I had much work to do, his words felt beautifully poetic, even if I had no idea how our work together would continue. The saga of the spiritually innocent housewife from Connecticut, who was catapulted into a life-shifting relationship with a nonphysical spiritual teacher, was a beginning that marked a major turning point of my life. And like all true beginnings this one found me blind to the enormous changes it would set into motion. I had no real understanding of what it meant to walk a spiritual path, and I had yet to be tested against the stark reality of the enormous upheavals and challenges that life would present to me.

Discovering that dialogue is possible between the physical and nonphysical worlds and experiencing the powerful impact of such guidance in my life was both thrilling and unsettling. My communication with Mentor changed my life in every way. Nothing was as I had thought it to be; everything was alive and connected in ways I had never considered. I realized that all of us are meant to work with guidance to help us live with love, express and experience compassion, learn to respect all life, find belief in the greater mystery, trust that we are safe as we follow our spiritual destiny, and embrace a holistic way of thinking and living.

Through a simple heartfelt intention, I had unknowingly opened a gateway to an angelic teacher whose teachings would guide me and many others on a journey to "live with an awakened spirit." Mentor's teachings were my true introduction to a universal spirituality. While before I met Mentor my life had been filled with many opportunities and challenges, my real learning began with our first encounter.

As the dates on the calendar have slipped past, and it is now 1995, I've come to appreciate deeply the nature and power of choice and the inevitability of change. Nothing ever remains the

way it was. I've changed, my work has changed, my friends have changed, and every aspect of my life has changed, including my marriage to Jim. Life in all its many beautiful facets has shifted into a new kaleidoscopic pattern. My current life holds very little resemblance to life before meeting Mentor, for I've learned that as we grow personally, all our other relationships will feel the pressure to change.

With or without guidance from an expanded realm, our life lessons are often tough, touching us deeply where we are the most vulnerable and seemingly unprotected. We are exposed continually to the world of other people's desires, needs, fears, and conscious attitudes. Our responses to others' beliefs and emotions can bring us both inner turmoil and the opportunity to change and heal.

I have discovered that even though life's lessons may initially seem too difficult to bear, they are related directly to the issues we most need to see clearly and from which our greatest joy can emerge. My feeling is that we have a better-than-average chance to accomplish specific and much needed inner shifts in a single lifetime. Sometimes, however, the challenge is too great a stretch, and when this happens we return over and over again to physical life until we've made the necessary inner adjustments. The universe sets no time limits on spiritual growth, and so we take on as much as we can handle in any single lifetime and then continue the learning in additional ones.

When I look back at my spiritual journey, I see the crossroads at which Jim and I parted, leaving a twenty-two-year marriage. I feel even now the struggles he and I both faced in living life as single parents. I can also see the bend in the road where I recognized the necessity for becoming more flexible with my son and daughter, releasing the need to determine and control their futures. I see too the hillside where I began to honor the path that I had finally chosen to walk. And what is perhaps most significant is that I can now appreciate and value my often tumultuous passage through the personal doubts and fears that accompanied my desire to share and teach Mentor's material.

My transition from housewife to spiritual teacher has been a slow, arduous journey fraught with just as many deep, dark holes

as those others experience. The journey has, however, been one I needed and appreciated at a deep level, and it has been the perfect mirror for witnessing my own growth into self-love.

Personalizing the Universe/God

Our natural instinct is to personalize the universe/God, and yet I've come to realize that Mentor and teachers from more advanced levels of awareness are devoid of the tugs of the personal ego. They are not limited by our time/space perspective. Yet in spite of this absence of a human frame of reference, I was intensely drawn to learning more and more about Mentor's world. I never tired of imagining what he experienced. I wondered what he felt when he looked back over our first meeting and our interaction over the years: How did he assess it? Did he change in any way or grow spiritually through his interaction with Earth and the life forms with which he communicated and continues to communicate? I also realized I had never asked Mentor if he had a mission he was destined to accomplish and, if so, what it was. Mentor answered my many questions with this response.

✧ *A great healing is happening on the Earth amidst great turmoil. Hope has emerged once again, offering a different outcome, a future filled with direction, intention, and harmony, a rebirth of love, personal health, and feelings of inward satisfaction. You and I are participating in this rebirth of hope. When we wrote Agartha, we did so as the introduction to a way of life, a way of hope. The material we wrote was far more than just interesting or even inspiring; instead, it had dimension. The spiritual information in Agartha weaves together basic spiritual tenets that form the basis of the human experience. Thus information that is spiritual in nature is also truly human in nature and transcends any and all limitations, equipping the reader to rediscover his or her own deepest level of hope and inspiration for living.*

In order to appreciate the impact Agartha has had and will

continue to have, we must consider the impact that hope has on people's lives. What part does hope play in the human drama? Hope encourages your life service by helping you or supporting you in your belief in yourself and your ideas. Hope helps you find meaning in your life by aiding you in your desire to search in the right places and with the right people to find abundance and health. Hope adds fuel to your trust of yourself as an instrument, as a reflection of the Divine reality, so that you can overcome anguish through the inner strength and commitment to your service.

In considering the experiences that you and I have shared in creating Agartha, I would say that you have grown in hope as your relationship with the nonphysical universe has brought you to a different understanding of change and opportunity and the importance they play in unfolding your life according to its unique purpose. I would say also that you now expect abundance and love because of an awakened state of spiritual grace, which supports and promotes your effective activity on the Earth.

You ask if I am helped on my path of development by our communication. Most assuredly I am! All mentoring is both giving and receiving, which enhances the power and energy of love for all concerned. I have sought to infuse your life with teachings that are basic to the spiritual path. My purpose, Agartha, has to do with the collective movement of planets, Earth Schools, and places of existence that are at present ready for guidance. My attention is not geared to a certain time/space sphere but is focused beyond this confinement to the perception of truth as wholeness, to the way the physical and nonphysical universes actually function. You might think of my focus as the guiding of complex bodies of energy toward their own greatest awareness and thus toward perfection. ✨

I am always humbled that Mentor responds to questions of such magnitude without pomp or self-aggrandizement. That his work is to "guide complex bodies of energy toward their own greatest awareness" is awe-inspiring and beyond full comprehension. Yet I sense strongly that Mentor is available to offer a help-

ing hand to every person on the Earth who is interested in growing in Divine Love. I am sure he speaks to many in their own hearts and that part of his mission is to be a teacher, a mentor, for both human beings and other life forms on our planet, guiding the evolution of our Earth as a collective body of energy.

✧ *Since you, Agartha, are not a complex body of energy, perhaps my statement seems at odds with the purpose I've just explained. In order for your planet to transform, you seek to create a heightened level of "light" or "Divine Love" to burn away the dross and allow the tender new sprouts of cooperation and respect to emerge. The stronger each person is in feeling and living in Divine Love, the greater that person's influence on the planet at large. By working with each person, I am adding the energy of Divine Love to help reach a critical mass of change.* ✧

Once again I found myself filled with a familiar euphoria as I comprehended the totality of Mentor's inspiring message. It always fascinated me to experience the way the effect of his words simultaneously soothed, excited, and empowered me. Was this really the basis for our human existence—to grow in the light of Divine Love in order to activate a Divine destiny on the Earth? I thought of all the familiar structures of today's physical world that were changing rapidly—and necessarily—to forge a different path for humanity. I thought of the many corporate executives trying desperately to reverse the downward spiral of their organizations whose usefulness to humanity had declined and, like dinosaurs, seemed destined for extinction.

Mentor had commented that the period from 1988 to 2013 would be one of intense upheaval and conflict. And as I am writing these words, a maelstrom of upheaval is upon our planet. We are experiencing the polarization of people into two different camps: those calling for a new level of human consciousness based on responsibility to the whole of life, and those mired in their fear of letting go of the old illusion of separation and self-serving work.

Institutions and organizations whose philosophies are based on separation and personal interest are now beginning to crumble and are undergoing rapid change from the inside out. Such groups are being awakened by the actions of more and more people who say "Enough!" and who refuse to accept what is contrary to growth for the whole. This evolutionary spiral represents positive growth and change and is the "up side of our planetary challenge."

The "down side of the planetary challenge" at hand is, of course, all too evident. For every person who is interested in creating and living a different tomorrow, there seems to be twice as many committed to looking the other way. I wanted Mentor to comment on how we could, as he suggested, "awaken the light of Divine Love, in order to make faster progress toward a whole and healthy planet." Why is change happening so slowly when there is so much to be done?

Personal and Planetary Rates of Change

✧ *Do you really feel that change is happening too slowly on the Earth? Do you feel that it is happening too slowly in your life? Wouldn't you say that change is occurring in your life just as fast as you are capable of assimilating it? I would offer that change on the Earth is also happening as quickly as it can be assimilated to support a burgeoning new belief system.*

Change begins deep within a person or social system and readjusts and reforms it gradually. Just as in earthquakes, where the foundations of buildings shift and the rooftops collapse, people undergo loss or radical change that shifts their personal beliefs to readjust to a new means of service in the world.

If change is to be permanent, it happens slowly, whether this means a corporation changing its way of doing business in order to cease polluting the environment or an individual facing life for the first time with love and without blame. It takes time and commitment to change. As your own thoughts lead you to new intentions, you then give birth to different actions as well as the manifestation of new dimensions of your soul and ways of honoring each other and the Earth.

Under way in your world is a deep change that is affecting every living thing, even though aspects of that change are not always obvious. This change reshapes your desires and expectations for a good life and awakens the urge to “serve,” to “help,” and to “mentor” in ways that may never have been felt before. Let us consider some of these significant changes. ✨

So Mentor was going to show me how the Earth and humanity were changing. Certainly, obvious positive changes are happening in the world, such as improved relations with the Eastern Bloc countries and more voices calling for world peace and nuclear disarmament. We are moving toward ending indiscriminate dumping of nuclear and chemical wastes, if only because of the outcry from concerned citizens. But what about the apathy and lack of awareness of the majority of people to the reality that our home, the Earth, is already in extreme trauma?

Even the alarms now sounded by most of our leading scientists and thousands of organizations dedicated to the restoration of a healthy Earth ecology seem insufficient. The future of our planet is still seemingly controlled and influenced by those whose values and choices reflect little concern for the well-being of all humanity and the Earth as a global home. For most of those in positions of external power, the healing of the Earth is a concept that lies dormant in their consciousness.

In thinking about Mentor's analogy to personal change, I felt as if I personally had been rapidly clearing away old, dysfunctional beliefs and replacing them with beliefs based on my new, clearer perception of universal truths. While to the outside world the extent of my internal change may have gone largely unnoticed, in actuality I was literally undergoing a total transformation. The experiences and new insights of the past fifteen years have certainly helped me understand ways to take a far more responsible approach to my life and to the Earth.

I was beginning to more lucidly understand Mentor's message that “change at the global level begins first at the personal level.” Each person is a significant unit of change, either positive or

negative. Change must thus begin at the foundation, in our internal structures, before it can manifest in external structures of society and lead to a physically healthier world. While change often appears to us to be happening only in rather insignificant ways, it really occurs in subtle, yet powerful ways. And, according to Mentor, we are assimilating change and evolving as a species at a speed commensurate with the level of our change in consciousness.

✧ *Let us begin to consider the ways in which your planet is changing by looking at more subtle inner changes that greatly affect the outer and more obvious changes. Let us explore, for example, the way you as humans learn.* ✧

Extinction Becomes Relevant:

A New Way of Learning

✧ *The healing of the Earth has become a meaningful vision for an increasingly large number of people. While the specifics of that healing vary from individual to individual, or organization to organization, healing nevertheless involves reclaiming and valuing all life—people, animals, and nature itself—in order to live in peace and harmony with all.*

The realization of the true meaning of extinction has also come to hold power for many. By this I mean that as various animal and plant species continue to become extinct at a rate beyond which others can come into being, so people are necessarily pondering their own futures. If people who form the collective governing and organizing bodies of the world are unwilling or unable to halt the elimination of life, then surely it stands to reason that when life is valued so little, it is only a matter of time until the human being will also become extinct.

I suggest to you, Agartha, that because of the drastic devaluation of life on every level in your land, it is essential that a new world belief system emerge. I will also suggest to you, on a more empowering note, that the blatant ignorance that has been pushing

your Earth toward extinction has begun to be stemmed because of the new model of learning that is taking root in people's consciousness. This new model of learning allows people to recognize life as a spiritual opportunity rather than only as a physical challenge or emotional struggle. Let me explain.

I am saying two things. First, people are now participating in a new learning model. They actually have the capacity to process data differently. And second, because of this difference, human beings are beginning to see life and the value of life quite differently.

Let us look at the way the process of learning is changing.

Model of learning before 1980:

Emotions produce action, which causes introspection and growth of the soul.

Model of learning possible after 1980:

Growth of soul (vision/guidance) prompts action, which produces emotions.

The importance of this new learning model is that human beings are now capable of acting on the promptings of their own souls, their own guidance and vision, rather than just on the whimsical stimulus of their emotions.

In the past, for example, people took action primarily around those issues that were noticed or essential to their lifestyle needs. People's responses were primarily emotional and had no reach beyond the surface of the issue; the root causes were never addressed. Today, people have the potential to be even more powerfully moved by the deeper underlying causes that precipitate an emotional response, and these underlying causes are spiritual in nature.

Another change is happening: people are sensing collective change rather than only isolated individual experiences. You have felt the pain and trauma produced by singular instances of violence or random acts of greed. You are now able to feel the collective pain and trauma of entire species, including the human species. Now, when you are spurred to action, the motivation is soul-deep. Soul action will change the planet. The impetus for action has moved from one's emotions to one's spirit. ✨

So this was what Mentor meant by being "restructured from Divine Love." Without conscious participation or noticeable effort, people were beginning to change in the most miraculous of ways. From the inside out, according to some hidden cosmic time clock, we were being encouraged to hear our own souls and to value the truth of what we hear.

Relationships also change as we restructure our lives from Divine Love. In thinking back over my twenty-two years of marriage to Jim, I am aware that many of the factors Mentor had noted as contributing to the deterioration of old relationships were also the ones that eroded our marriage. We were put to the test of applying our spiritual lessons to real-life situations: everything from raising children, spending money, deciding which workshops to attend, and running the "nuts and bolts" of the business. We needed to learn that both of us were responsible for "leading" some of the time and in certain ways and equally responsible for "following" at other times and in other ways. Living this teacher/student role is the path of the mentor.

But in most marriages where the universe ignites the relationship with opportunities to share the spotlight and/or to find and use one's unique gifts in the best way while supporting the other, the couple falters. One person may seem to be more in demand, and the other may feel invalidated and lacking in worth because that partner has not yet filled his or her own inner space with life purpose and a direct link-up to his or her own deep knowing. No matter how hard we try, we can never satisfy the emptiness in another's heart .

The writing of *Agartha* signaled the true launch of our publishing company, Stillpoint, and of the Agartha/Mentor work. We were intent on living our spiritual lives in an impeccable manner, yet we were blind to our own emotional neediness and to the sink-holes of ego and old patterns that battled inside us. We had assumed our spiritual purpose was the same: to share and learn from the Mentor material. The problem was that when one person is the avenue to this information, the other person can easily feel invalidated because that person must go through another to

obtain his or her spiritual nourishment. That is why today I encourage people, especially those in partnerships, to recognize this basic lesson: each person must have his or her own direct connection to spiritual service and to God.

When we start a relationship, we each stumble over our fears and loneliness. We are unwilling and unable to see them for what they are: our own opportunities to bring spiritual energy into our mind and feelings, to heal the places we've hurt ourselves and been hurt by others. Instead, Jim and I tended to do what most people do: blame each other for being in the way of what we wanted. No one person can thwart our growth unless we give that person permission. We can quietly but surely do our work/service, and in this way the entire situation is refocused automatically.

As I began to teach workshops and be away from home more and more, Jim and I felt as if we had been put on "cosmic notice." If our marriage was to continue, it needed new energy and a new definition of partnership. This meant we both needed to change. I no longer needed, or wanted, to look to him for approval of those activities that gave me a stronger sense of self-empowerment. Nor could I blame him when things in my life didn't work. In turn, he had to learn to accept responsibility for those issues in his life that were of his own making and not those of others acting upon him. Each of us was responsible not to or for the other, but for our own inner growth and the demonstration of this growth in the relationship through our own balance and wholeness.

All of us are attached to certain emotional fears that stem from our fear of abandonment, being cut off from love. In a relationship, these fears appear in arguments that at first seem unrelated to this issue of "being left." Yet the very intensity of our reaction to our partner's words tells us we're stuck to an issue the way two pieces of Velcro become bonded together. The Velcro appears because we are fragile in our own self-love and self-belief. We are easily put off by our partner, who is caught in his or her needs and has little time or attention for ours.

The truth to be gleaned from such struggles is that when we love ourselves, we are less dependent on others to make us feel

happy or successful. Self-love is what most of us lack initially. As we come to believe in our worth, we can step away from our "Velcro issues" without blame or invalidation and choose a response that is truer to our inner power.

Accepting a different response to an old issue allows us to respond from other than the familiar guilt, rage, remorse, or self-rejection mode. We can hear a deeper truth that encourages us to trust that in the middle of our struggle both people are still "enough," perfect wherever they are in their journey. The solution lies first in finding our own "Velcro patterns" before we decide whether we want to stay in or leave a relationship. When we are successful in knowing our inner landscape, then, clearly, we'll be able to either move beyond a relationship that has served us well but is complete, or we'll be better prepared to create different boundaries in our current relationships. The key is for both people to accept responsibility for doing their own inner work.

I know that the spiritual experience is a solitary one, requiring emotional and spiritual discipline. Paying attention to our feelings as well as to the deeper, more accurate voice of the God within us relaxes our fears and personal neediness. In this way, we find freedom and joy in experiencing the rhythms of life around us and of the Divine.

A relationship has a life all its own; it is either expanding or withering. A relationship never remains the same. Fear of the unknown or fear of failure is never sufficient justification for people to stay together, although many people choose to stay together because they lack the courage to seek their heart's desire. The universe gradually moves us each along our paths, and if we are to stay with a partner, circumstances conspire to keep us together. But if we are to separate, then circumstances push us apart as if they had an intention of their own. This movement is orchestrated from the soul, helping us create life according to our own dreams of service.

Jim and I both tried in every way we knew to keep our marriage intact, but we had apparently completed the work we'd come together to do. We had helped open the spiritual door for each other and that, seemingly, was as far as we were to go together. In spite of

our fear of letting go of each other and our familiar family unit, we were finally honest enough with ourselves and with each other to accept that our way of being together was no longer supportive of our individual quests. Without blame or accusation, we separated. In looking back at that extremely difficult and painful period, I feel content that we accomplished this divorce in a way that was as spiritually aligned as possible. We had our problems, but we tried to honor the teachings we had learned.

When we do decide to separate or seek a divorce, we often find ourselves in the center of turbulence and radical change such as we've seldom known or imagined. Like being in the middle of a cyclone, we know that the swirling feelings will pass and we'll come face to face with our own greatest fears. We wonder whether we'll remember the positive possibilities for our future when the real pain of our loss settles in upon-us. We glimpse a life filled with creative expression and new experiences, but we also sense that we'll struggle to redefine ourselves in different roles. I needed to learn who I was as a woman, since I had come to know who I was as a spiritual student. I felt very alone.

The thought of facing life alone, with all its varied challenges, is overwhelming for someone who has been in a long-standing relationship. It makes no difference whether we're widowed, divorced, separated, or in a relationship where the lines of communication have disintegrated. Aloneness brings up our greatest fears. I think we fear being alone because to love and be loved by another is a very basic biological need. We want to be able to share our deepest inner feelings with a partner and to be valued and appreciated. We also, unfortunately, often look to others to fix us or to make our lives work, and, of course, this is where the problems begin.

I had spent a great many years expecting others to be responsible for my well-being. I looked to others to choose those things that would bring me happiness. And I've learned that this lack of responsibility to self makes us feel anything but empowered. We continually feel like victims when others hold the power of choice over us. Nor does it make it easier to acknowledge that we willingly gave, or were coerced into giving, our power of choice to others.

The writing and publishing of *Agartha* represented an enormous step forward into my being responsible for my own life. I had begun a path with Mentor that, after four years of intensive spiritual learning and dialogue, I finally stepped up to accept. I did what Jim had insisted continually that I needed to do: become proactive on behalf of the material. Yet I knew, as clearly as if I'd read the words, that to make the decision to fully integrate and accept my role as the receiver of the Mentor material would inevitably be the weight that would crush our marriage.

My decision came down to a choice: stay in the background and allow Jim to share his perceptions of the Mentor material or begin to speak up from my own first-hand perspective. I knew people would initially want to know about the experience from me, and I also knew that this shift in attention would cause Jim to feel invalidated. Still, my work with Mentor and the teaching of the material had become my life and the service I wanted to give to the world. Jim and I had, for too long, played the roles of me as the support person and Jim as the one out in front. The universe was asking us to switch roles so that we could each learn to play the other's role. Neither of us could do this without bringing up every dysfunctional issue with which we'd ever struggled. In a partnership, this ability to take turns as teacher and student is, of course, the goal—the path of the mentor.

The original bonds that held us together were no longer the appropriate ones. We had our own work to do on our individual emotional issues in order to fully integrate spirituality into our lives and heal those parts within us that had been fractured. And we needed to do this part of our spiritual journey separately.

I have come to believe that true partnerships allow continual change in the relationship. All too often in long-term partnerships we play by subtle "rules" that define each person's relationship to the other and to the outside world. Couples who wish to stay together play by these rules. Couples who don't play by these rules and begin to redefine their needs and their sense of self to an outside world run the risk of a broken relationship.

Because the need to be true to oneself and grow spiritually is

unquenchable, the boundaries of a relationship must be elastic and able to be continually redefined. I've come to realize that the rules for a lasting relationship are developed not from people's fears, dependencies, and insecurities but from their strengths and search for personal wholeness. After all, we come into this world alone, and we go out of it alone. Without our marriage contract, without our excuses, without our fears, and without our partners, we're just single human beings in search of God. In spite of all the bonds that hold a successful relationship together—family, friends, a shared history—partners, one or both, who are touched by spirituality rarely stay together unless tolerance, sensitivity, love, and vulnerability are shared equally by both.

The breakup of a relationship is a time to understand and to appreciate the difference between aloneness and being lonely. At various times in our lives we are—all alone. These times can be ones of powerful inner growth or times of great stress and fear. To feel alone pushes us to seek a deeper relationship to God and the angels. To feel lonely is to experience our separation from the Divine Love that is meant to flow through us, connecting us to our spirits and all life.

At first, when you find yourself without someone, you count the pitfalls not by the tens but by the hundreds. Simple things like coming home alone when it's cold and snowing and you've forgotten to leave the outside lights on can leave you feeling profoundly lonely. Going out on a miserably sub-zero night to bring in more wood for the fire—a chore your partner did—can leave you bemoaning your new-found freedom. Deciding to mow the lawn but not being able to pull the start cord hard enough to turn over the motor raises the anxiety/anger level about being unable to create your new reality. For men the dilemmas usually have to do with making the house a home, handling child care, preparing meals, doing laundry, and, especially, becoming the "nurturer"—all tasks that were traditionally done by the female in a partnership. Especially becoming the "nurturer."

Nothing triggers feelings of loneliness as much as going to a party as the single person in "couple-land," where everyone is

matched up in pairs like the animals on Noah's ark. When you move into the role of being single, everything changes. You find new and different friendships. There is a natural tendency to seek out those who share your same miseries and challenges as well as those who seem to have emerged from the "pit of loneliness" into the daylight.

When others would say to me that they knew what it must be like to feel all alone, I knew they really did not, because before I went through the process of separation, I didn't know either. I felt that Jim and I had acknowledged the options appropriate for us, so I had no remorse about our decision, nor did he. The step we took was clearly right and essential for us both.

I began to heal only as I moved away from the actual separation and allowed myself to reflect on what I'd learned and how I wanted to live my new life. The process of loss can teach you inner strength and trust in a compassionate universe where your basic needs are met; the process can also make you bitter. Each breath of each day we each decide which side of the coin we'll accept. Yet gradually you heal. Life goes on, children need you, people need you, life needs you.

In spite of yourself you begin again—you hope, with more wisdom, humility, and a truer understanding of your own vulnerabilities as well as the indomitable spirit of your courageous self.

Going in the Right Direction

Life does move us onward in alignment with our own intentions. Jim is at present happily remarried, and so am I. My husband, Errol, and I have walked a similar spiritual path, beginning with the knowledge that we had special spiritual work to do but being unsure of the way to do it and lacking the essential self-love to "go the distance" in our work. In 1994 we founded the Stillpoint Institute, which carries forward the Mentor/Agartha material in many new and varied ways. Most important, Errol and I share a love for this material, and our purpose is clearly aligned with bringing this information to others in ways most appropriate to our individual styles and interests. Perhaps I've finally come home.

We never know what will come next. It's probably a good thing we don't know what's around the next corner, because we would be unable to do our best in the moment. Life does have a purpose, and slowly, oh so slowly, we come into the wisdom that guides our lives toward joy. Mentor brings me back continually to the relationship we hold with the world of advanced teachers of the nonphysical universe. I asked him to share some final comments for this Agartha project.

✧ *Isn't it an impressive thought, Agartha, that the teachers of the angelic kingdom move closely with you at this time of great change on Earth? Is it important to you that there is a universe that is interested in and supportive of your greatest good? Then let it be your gesture to the angelic world that it is not we alone who can inspire you but you who can inspire us by your commitment to living with love and concern for each other and the vast network of life on your planet.*

All of the "company of heaven" is one family, one unit, one force for change. We exist within your world as you allow us to exist and to consciously interact with your forces of change. Allow us to be in your every thought and action, and we will. Allow us to live and encourage the positive forces of change on your Earth, and we will. I am Mentor, your teacher, Agartha, and I am one of many who seek to empower you and your world. Learn to use love as a mentor, and as you do you will bring your Earth's magnificent future into manifestation. ✧

Go in peace.

MENTOR

*Life is not what it seems;
it is so much more.*





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What people are saying about the Angelic Messenger Cards:

"I have been drawing an *Angelic Messenger Card* everyday for the last year and a half. While recently traveling to visit family and friends, many loved ones were curious about the *Cards*, asking to draw one themselves. Each person was amazed at how deeply the card drawn resonated with his or her particular situation and how "to the point" was the card's message. The wonder just keeps spreading!"

— K.C., BENZONIA, MI

"My sister was going to be hospitalized and she was really anxious about it. I gave her the *Angelic Messenger Cards* which kept her in the habit of praying and listening for guidance while she recovered from surgery."

— G.S., BOZEMAN, MT

"When I lost custody of my teen-aged daughter, it was the end of my world. I just couldn't imagine how I was going to live without her. I gave her a set of the *Angelic Messenger Cards*. Now she tells me that she takes the *Cards* with her every day, wherever she goes. She knows that I am thinking about her even when we're not together."

— M.H., CANTON, OH

"I gave a set of the *Angelic Messenger Cards* to my Mom and she told me they were the best present I'd ever given her. She said when she picked a card it was *uncanny* how it helped her better understand the events in her life. And the fact that we both read the *Cards* every day helps us to feel closer despite the miles between us."

— P.L., WESTMINSTER, VT

The *Angelic Messenger Cards* help you understand why things happen in your life and what they mean. By intuitively choosing specific cards, you give your own soul and the angels the means to talk directly to your concerns.

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- **The Application** of specific ways you can work with the guidance offered

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Through the beauty and symbolism of flowers (the Divine

Messengers), you'll learn to trust and experience the exquisite power of Divine Guidance and find your own means of hearing God's wisdom directly.

Here's Meredith's own story of an early angelic encounter which gave her the understanding that flowers are God's messengers

One evening many years ago, I sat on a stone bench in a garden filled with breath-taking flowers. This garden was where my father spent much of his time. I was feeling very lonely that evening, and I wanted him to tell me he loved me as much as he seemed to love working with his flowers. I had spent many an evening on that bench watching him care for those flowers. Slowly, with his pipe held tightly in his mouth, he'd move through the garden using his three-pronged hoe to create small perfect furrows in the Earth. He never looked up or shared what he was thinking.

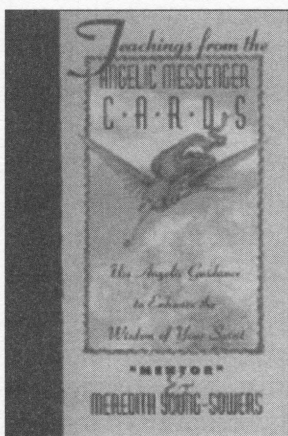
As I sat very still in the dusk of that special night, a strange but beautiful golden light began slowly to take shape around the flowers. It grew larger and seemed to emanate through the flowers as well as around them. At first, I couldn't believe what I was seeing. But the light was so appealing and full of comfort that I couldn't look away. Angels began to take shape in the light, speaking to me in the most unusual ways. Their lips didn't move, but I instantly understood their messages. I could look through the angelic figures to the flowers they tended and I realized that each angel spoke for a particular kind of flower.

To my greater amazement, each angel told me something unique about my relationship with my father. The White Lily Angel said, "I've watched you come to the garden each day to be close to your father. He, too, comes to the garden to be close to you." The Angel of the Purple Impatiens said, "Your father has no words to tell you what's in his heart; you must simply trust his love for you." On and on the angels spoke, enthralling me and deeply comforting me.

Now I use the *Angelic Messenger Cards* each morning as part of my quiet time. I want to know what answers may be forthcoming to my concerns or questions of the day. Sometimes I'm not even aware of a problem when I draw a card, but the angel of that flower tells me something specific that I really wanted or needed to know even though I hadn't asked.

Ever since that first experience in the garden, I have known that angels guide us directly. Still, we need to know how to ask, how to listen, and how to interpret their thoughts. Let the *Angelic Messenger Cards* help you have your own experience with the angels and their guidance.

— Meredith



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A message from Meredith Young-Sowers
October, 2001

As I write this update, it occurs to me how relevant Mentor's teachings are for us today. Written initially in 1983 and then updated for the tenth-year anniversary edition, *Agartha* has inspired thousands of individuals to accept the idea that each of us can have direct communication with God's messengers. So today, we have come more and more to accept how very close God is to us and that our guides, teachers and "mentors" do exist in our world and in our own hearts.

The power of Love to heal continues to be the most significant single concept with which I have ever worked. Healing happens when Grace becomes stronger than disbelief and we can trust God with the process of our living and dying.

As my life unfolds, I continue to be uplifted by Mentor's words and teachings for they hold great relevance for my life and help me understand better the world around me. With violence and terrorism on the upswing, we find also that love, kindness and caring for others are equally on an upward bent. Mentor said we would not destroy our world and I believe that we can slowly see the shift from "self-interest" to "global well-being." While life is difficult and filled with suffering, we can be filled with the hope of a tomorrow that is born out of greater Love for God and for each other.

I invite you to join The Stillpoint family and be inspired to continue to enhance your belief in your connection to God in all forms, and find joy in your personal journey to discover how you fit with the Great Mystery.

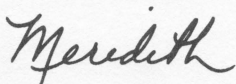
Consider attending The Stillpoint Institute's ***School of Advanced Energy Healing***. People come from around the world to learn to hone their intuitive skills, to work with the energy of Divine Love and to walk the path of the Healer/Mentor. As a Certified Intuitive Healer and as a Mentor, you will have the marvelous opportunity to work with many others to enhance Love in the world and trust your own exquisite Divine Guidance.

Call The Stillpoint Institute at **1-603-756-9281** for additional information on:

- * New Stillpoint books and products for guidance and healing,
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- * Ways to participate in many of our personal growth and spiritual community-building activities for *free*.

I invite you to visit our web site at **www.stillpoint.org** and let us hear from you. Together we can make the necessary difference to bring ourselves and our world into harmony with all life.

Blessings for you and those you love,

A handwritten signature in cursive script, reading "Meredith".

Meredith Young-Sowers
President, The Stillpoint Institute &
Director of the Stillpoint School of Advanced Energy Healing

*"It is no accident that you are holding this book in your hands, for **Agartha** is no ordinary book. It is a teaching vehicle that will help you to understand the deeper mysteries of life and stimulate new levels of personal growth and awareness. It can be a powerful catalyst toward spiritual enlightenment and, at the very least, it will challenge and expand your current definition of reality."*

—*Meredith Young-Sowers*

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MEREDITH YOUNG-SOWERS is an internationally-known author, spiritual teacher, and healer. She is also Co-founder and President of the Stillpoint Institute and Director of the Stillpoint School of Advanced Energy Healing.

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